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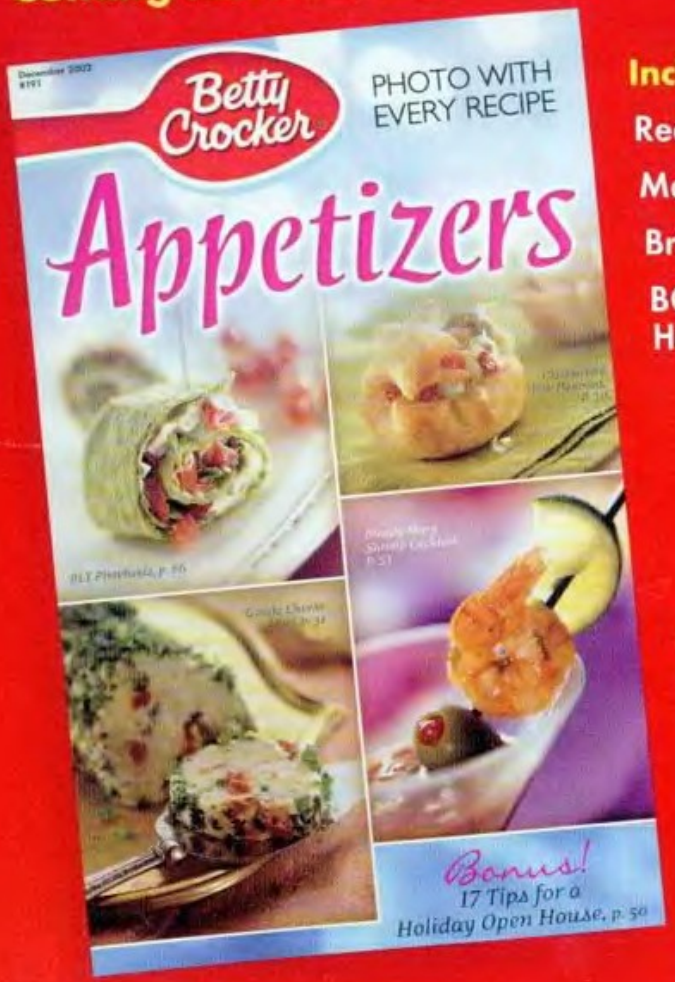

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#190

Betty Crocker

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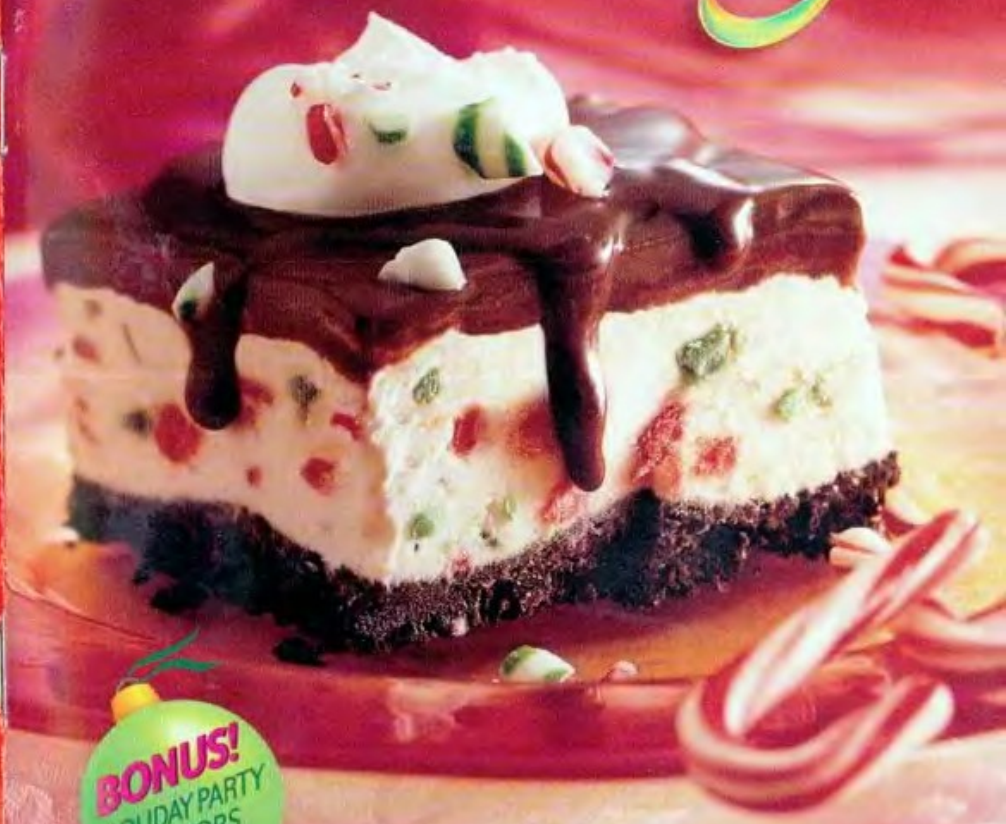
Holiday

easy entertaining



BONUS! HOLIDAY PARTY FAVORS pullout

Easy Peppermint Dessert, p. 68

Happy Holidays : Happy Everydays

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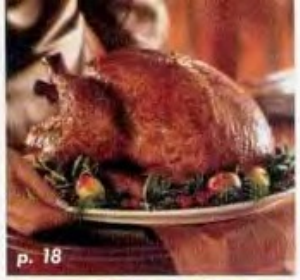

p. 18

p. 71

p. 76

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Holiday
easy entertaining

CHAPTERS

8 . . . **THANKSGIVING TABLE**

42 . . **HOME FOR CHRISTMAS**

72 . . **BRUNCH FOR A BUNCH**

FEATURES

2 . . . **Betty on Health**

4 . . . **Turkey Basics**

6 . . . **Betty on What's New**
Tasteful Platters

Betty Makes It Easy
16 . . *Best Brined Turkey Breast*
48 . . *Rib Roast with Herb Rub*
88 . . *Apple Cream Cheese Coffee Cake*

54 . . **Betty on Basics**
Balsamic Vinaigrette

90 . . **Nutrition and Recipe Testing Guidelines**

95 . . **Index**

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Holiday Party Favors
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Betty . . . ON HEALTH

THANK GOODNESS FOR

Thanksgiving Foods

Thanksgiving menus get a bad rap for being rich and high in fat. But many traditional Thanksgiving foods actually have some impressive qualities. They contain several nutrients believed to be good for your health.

HOLIDAY FAVORITE	WHAT MAKES IT GREAT
Turkey	An excellent source of protein. Ounce for ounce, light meat is one of the leanest and lowest calorie sources of protein you can eat.
Sweet Potatoes	Rich in beta-carotene and vitamin C, plus a good source of potassium. Also supply phytonutrients that may reduce the risk of some cancers.
Cranberries	Provide vitamin C and phytonutrients that may reduce the risk of some cancers. Regular consumption of cranberry juice may reduce the risk for urinary tract infections.
Nuts	Magnesium, fiber and heart-healthy monounsaturated fats.
Pumpkin	Carotenoids, which may help keep eyes healthy and lower the risk for heart disease and some cancers.

THANKSGIVING TRIMMINGS

A few adjustments in how you prepare family favorites will make your feast more fit. Trim your table with these tips:

Turkey: Skip self-basting birds–they can be higher in fat. Keep meat moist with fat-free chicken or vegetable broth, wine or apple cider.

Gravy: Shave off all sorts of calories by skimming the fat off meat drippings before you prepare the gravy. Option 2: Use a vegetable stock to make gravy.

Stuffing: Boost the vitamins and phytonutrients by using whole-grain bread cubes and adding vegetables such as carrots, celery, green bell peppers, mushrooms and zucchini. Dried fruits offer a touch of sweetness plus plenty of vitamins and fiber. Mixing in wild rice or bulgur gives your family and guests more on the vitamin, mineral and fiber front. If sausage is the secret to your stuffing's success, substitute turkey sausage for pork–it contains two-thirds less fat.

Greens: Put them on the menu–they infuse color and brightness to the meal, not to mention all the healthful substances that lie within. Possibilities: a romaine and spinach salad; cooked broccoli; green beans.

Dessert: Make pumpkin pie using evaporated fat-free milk instead of cream or whole milk. Replace the traditional pastry crust with a gingersnap or graham cracker one.

Susan D. Moores, M.S., R.D., Contributing Writer

Turkey Basics

The favorite part of any holiday feast deserves to be treated right! No matter how you decide to serve up this noble bird, here are some great tips and techniques to help you prepare the perfect turkey.

Turkey Tips

1. Generally, the younger the turkey, the more tender the meat will be. Turkeys available today will usually be labeled "young," meaning 4 to 6 months old. The label may also indicate the sex (hen or tom).
2. When figuring quantities for whole turkeys, allow about 1 pound per person. The amount of sliced cooked turkey is about 50 percent of the weight of a whole turkey.
3. Before cooking, make sure you start with a fully thawed turkey. Cooking charts and doneness times are based on a thawed turkey, and times and doneness can vary greatly if the turkey is not completely thawed.
4. For the moistest bird possible, don't overcook it. Use a meat thermometer to test for doneness. The internal temperature should reach 180° for whole birds and 170° for whole turkey breasts and bone-in or boneless pieces.
5. Turkey Help: If you have unanswered questions, you can call the USDA Meat and Poultry Hotline (800-535-4555), Butterball Turkey Talk Line (800-323-4848) or Reynolds Kitchens Turkey Tips Line (800-745-4000). And for more great ideas, visit BettyCrocker.com.

Thawing

Quick Thaw: Cover frozen turkey (in original packaging) with cold water, changing the water frequently. Allow about 30 minutes per pound for whole turkeys.

Gradual Thaw: Refrigerate frozen turkey (in original packaging) on a tray to collect liquids. Allow about 24 hours per 5 pounds of whole turkey.

After thawing, remove the neck and giblets from the neck and body cavities. Rinse turkey inside and out with cold water, and drain. A thawed turkey may be refrigerated up to 2 days.

APPROXIMATE WEIGHT OF WHOLE TURKEY	THAWING TIME IN REFRIGERATOR
8 to 12 pounds	1 to 2 days
12 to 16 pounds	2 to 3 days
16 to 20 pounds	3 to 4 days
20 to 24 pounds	4 to 5 days

Stuffing

Prepare any stuffing just before stuffing the turkey. Pack the stuffing loosely into the neck cavity. Then, fasten neck skin to the back with skewers, and fold wings across the back with the tips touching. Next, loosely fill the body cavity. Tuck the drumsticks under the band of skin at the tail (or tie or skewer to the tail). When done, the center of the stuffing should reach 165°.

Roasting

1. Place turkey, breast side up, on a rack in a shallow roasting pan. Brush with melted butter, margarine or oil. If using an ovenproof thermometer, place it so the tip is in the thickest part of the inside thigh muscle and does not touch bone.
2. When two-thirds through the cooking time, cut band of skin at the tail or remove skewer holding drumsticks.
3. Check turkey for doneness with a meat thermometer. The temperature should be 180° and the juice should no longer be pink when you cut the center of a thigh.
4. If the turkey has turned golden brown but is not done, place a foil tent over the turkey if desired and continue roasting.
5. When the turkey is done, let it stand for 15 to 20 minutes before carving.

Timetable for Roasting Turkey

Ready-to-Cook Weight (pounds)	Approximate Roasting Time at 325°(hours)*	
Whole Turkey	**Stuffed**	**Not Stuffed**
8 to 12	3 to 3½	2¾ to 3
12 to 14	3½ to 4	3 to 3¾
14 to 18	4 to 4¼	3¾ to 4¼
18 to 20	4¼ to 4¾	4¼ to 4½
20 to 24	4¾ to 5¼	4½ to 5
Turkey Breast (Bone-In)	**Roasting Time**	
2 to 4	1½ to 2	
3 to 5	1½ to 2½	
5 to 7	2 to 2½	

*Begin checking turkey doneness about one hour before end of recommended roasting time. For prestuffed turkeys, follow package directions very carefully–do not use this timetable.

Betty . . . ON WHAT'S NEW

The savory aroma of roasting turkey has been tantalizing Thanksgiving guests for hours. Now, for a final flourish before the forks and knives start clattering, garnish the serving platter with an attractive combination of fresh ingredients as shown here. It takes just a minute and gives the traditional entrée a whole new *wow!*

"Classic Elegance"
Sugared rosemary (p. 56) and cranberries

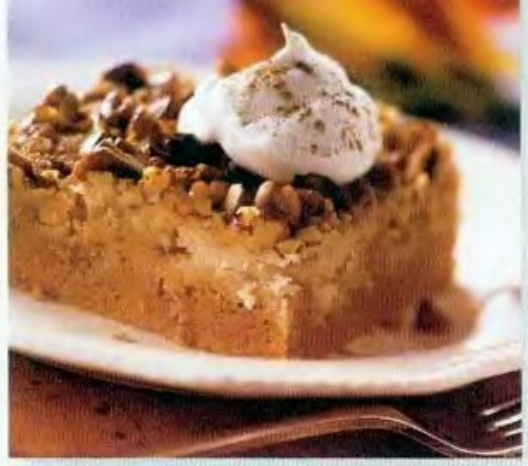
Tasteful Platters

"Rustic Mediterranean"
Basil, thyme, assorted olives, caperberries, grape tomatoes

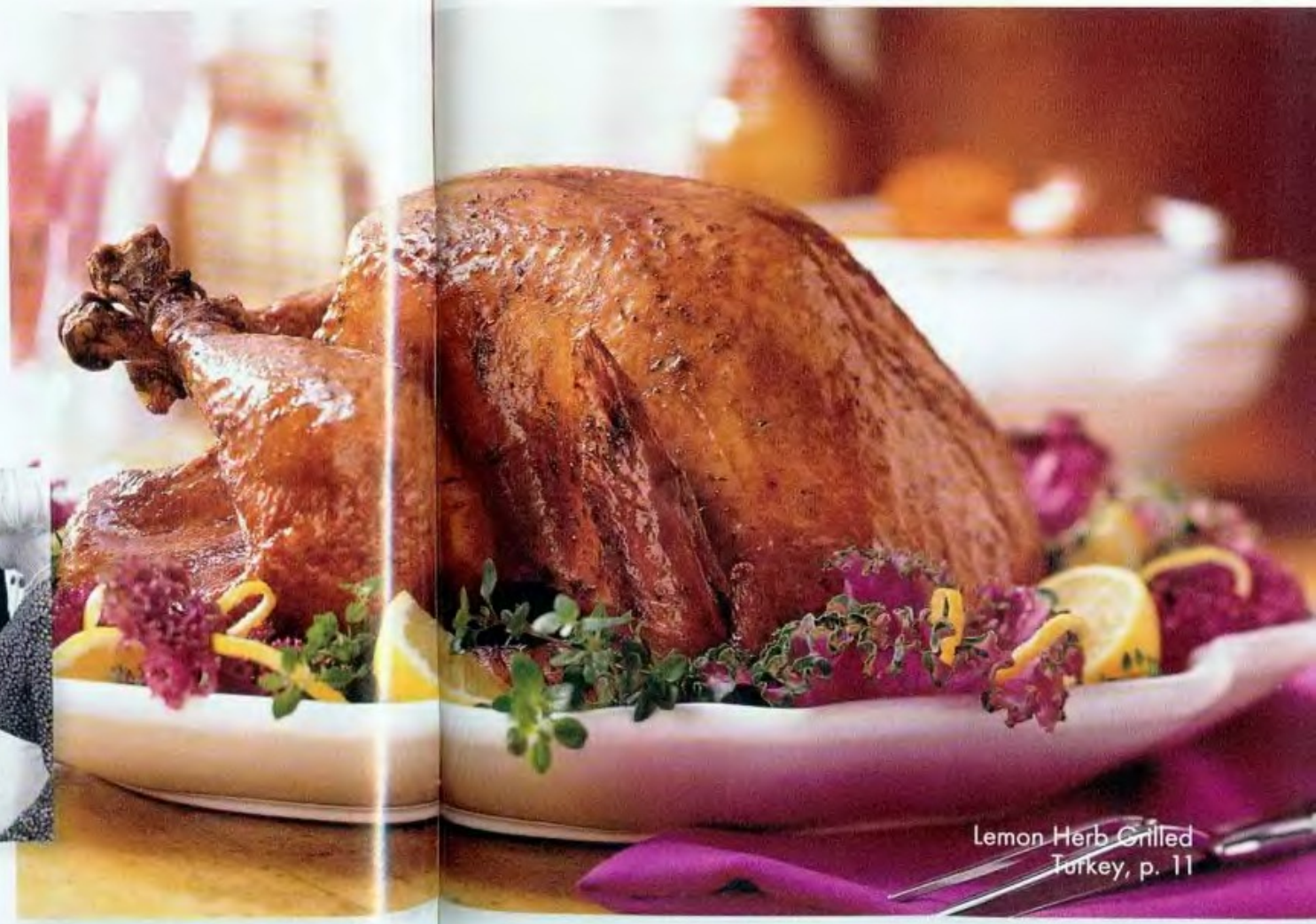
"Seasonal Fruits"
Currants, kumquats, starfruit, sage leaves

Thanksgiving Table

Here's tradition with a flavorful twist for a turkey dinner that's comfortingly familiar and refreshingly updated at the same time.



Praline Pumpkin Dessert, p. 10



Lemon Herb Grilled Turkey, p. 11

Praline Pumpkin Dessert

PREP: 20 MIN BAKE: 1 HR

(Photo on page 9)

- 1 can (15 ounces) pumpkin (not pumpkin pie mix)
- 1 can (12 ounces) evaporated milk
- 3 eggs
- 1 cup sugar
- 4 teaspoons pumpkin pie spice
- 1 package (1 pound 2.25 ounces) Betty Crocker® SuperMoist® golden vanilla cake mix
- 1½ cups chopped pecans or walnuts
- ¾ cup butter or margarine, melted
- Whipped cream, if desired
- Additional pumpkin pie spice, if desired

1. Heat oven to 350°. Grease bottom and sides of rectangular pan, 13x9x2 inches, with shortening. Beat pumpkin, milk, eggs, sugar and 4 teaspoons pumpkin pie spice in medium bowl with wire whisk until smooth. Pour into pan.

2. Sprinkle dry cake mix over pumpkin mixture. Sprinkle with pecans. Pour melted butter evenly over top of dessert.

3. Bake 50 to 60 minutes or until knife inserted in center comes out clean. Cool slightly.

4. To serve, cut dessert into 4 rows by 3 rows. Serve warm or chilled with dollop of whipped cream sprinkled with pumpkin pie spice. Store covered in refrigerator. *12 servings.*

1 Serving: Calories 520 (Calories from Fat 260); Fat 29g (Saturated 10g); Cholesterol 90mg; Sodium 430mg; Carbohydrate 61g (Dietary Fiber 3g); Protein 7g
% Daily Value: Vitamin A 100%; Vitamin C 2%; Calcium 16%; Iron 10%
Diet Exchanges: Not Recommended

Betty's Tips

SUBSTITUTION

If you can't find the golden vanilla cake mix, it's okay to use butter recipe yellow cake mix in its place.

DO-AHEAD

To simplify last-minute preparations, whip up this dessert a day or two ahead of your meal. Cover the dessert with plastic wrap and refrigerate up to 48 hours.

Lemon Herb Grilled Turkey

PREP: 15 MIN GRILL: 3 HR 30 MIN STAND: 15 MIN

(Photo on page 9)

- 10- to 12-pound turkey, thawed if frozen
- Salt and pepper, if desired
- 1 large onion, cut into eighths
- 2 small lemons, cut into fourths
- Vegetable oil
- 2 tablespoons butter or margarine, softened
- ½ teaspoon ground thyme

1. If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox. Heat coals or gas grill for indirect heat.

2. Rub cavity of turkey with salt and pepper; place onion and lemons in cavity. Brush oil over turkey. Insert barbecue meat thermometer so tip is in the thickest part of inside thigh muscle and does not touch bone.

3. Mix butter and thyme; brush over turkey. Cover and grill turkey, breast side up, over drip pan or over unheated side of gas grill and 5 to 6 inches from medium heat 2 hours 30 minutes to 3 hours 30 minutes or until thermometer reads 180° and juice is no longer pink when center of thigh is cut. If using charcoal grill, add about 15 briquettes every hour. Let turkey stand 15 minutes. Remove onion and lemons before carving. *12 servings.*

1 Serving: Calories 345 (Calories from Fat 155); Fat 17g (Saturated 5g); Cholesterol 140mg; Sodium 320mg; Carbohydrate 0g (Dietary Fiber 0g); Protein 48g
% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 2%; Iron 12%
Diet Exchanges: 6½ Lean Meat

Betty's Tips

DO-AHEAD

A whole turkey keeps frozen up to 1 year. Purchase when on sale and save for a special-occasion barbecue.

DID YOU KNOW?

Whole turkey grilled as in this recipe will appear slightly pink when done; be sure to grill it until the internal temperature reaches 180°.

quick

"Cran-tinis"

PREP: 5 MIN

1 cup cranberry juice (8 ounces)
½ cup citrus vodka or plain vodka (4 ounces)
¼ cup Triple Sec or orange juice (2 ounces)
1 teaspoon fresh lime juice
Fresh cranberries, if desired
Lime slices, if desired

1. Fill martini shaker or 3-cup covered container half full with ice. Add all ingredients except cranberries and lime slices; cover and shake.

2. Pour into martini or tall stemmed glasses, straining the ice. Garnish glasses with fresh cranberries and lime slices on picks. *4 servings.*

1 Serving: Calories 90 (Calories from Fat 45); Fat 5g (Saturated 0g); Cholesterol 0mg; Sodium 0mg; Carbohydrate 11g (Dietary Fiber 0g); Protein 0g
% Daily Value: Vitamin A 0%; Vitamin C 34%; Calcium 0%; Iron 0%
Diet Exchanges: 1 Fruit, 1 Fat

Betty's Tips

Success Hint
Cran-tinis are sweeter than regular martinis. True martini drinkers may want to cut the cranberry juice in half.

Variation
For a slightly less potent drink, serve Cran-tinis on the rocks and add a splash of sparkling water.

Special Touch
Place strip of lime peel in the bottom of each glass.

quick

Fall *Cheese Platter*

PREP: 25 MIN

16 slices (1 ounce each) assorted cheeses (such as Cheddar, Colby-Monterey Jack, Monterey Jack with jalapeño peppers and Swiss)
¼ cup hazelnuts (filberts)
Apple Cranberry Chutney (page 26), if desired
Crackers, if desired

1. Cut cheese with 2-inch leaf-shaped cookie cutter.

2. Place cheese on medium platter, overlapping leaves. Sprinkle hazelnuts on platter to look like acorns. Serve with chutney and crackers. *12 servings.*

1 Serving: Calories 160 (Calories from Fat 115); Fat 13g (Saturated 8g); Cholesterol 40mg; Sodium 200mg; Carbohydrate 1g (Dietary Fiber 0g); Protein 10g
% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium 24%; Iron 2%
Diet Exchanges: 1½ High-Fat Meat

Betty's Tips

SUCCESS HINT

For a pretty fall platter, choose several cheeses in varying colors. Cheese with salami or bacon creates an especially fall-looking leaf.

SERVE-WITH

To elaborate on the fall theme, serve cheese with sliced apples and pears. Dipping sliced fruit into citrus juice, such as orange juice, will prevent slices from turning brown.

Best Brined Turkey Breast

SOAK: 12 HR PREP: 10 MIN BAKE: 2 HR 30 MIN

- 9 cups hot water
- ¾ cup salt
- ½ cup sugar
- 4- to 6-pound bone-in whole turkey breast, thawed if frozen
- 1 onion, cut into eighths
- 2 fresh rosemary sprigs
- 4 fresh thyme sprigs
- 3 dried bay leaves
- Salt and pepper, if desired
- 6 tablespoons butter or margarine, melted
- ¼ cup dry white wine or chicken broth

1. Mix water, salt and sugar in 6-quart container or stockpot; stir until sugar and salt are dissolved. Add turkey. Cover and refrigerate at least 12 hours but no longer than 24 hours.

2. Heat oven to 325°. Remove turkey from brine, rinse thoroughly under cool running water and pat dry.

3. Place turkey, breast side up, on rack in large shallow roasting pan. Fill cavity with onion, rosemary, thyme and bay leaves. Sprinkle salt and pepper over turkey. Insert meat thermometer so tip is in thickest part of turkey and does not touch bone.

4. Mix butter and wine. Soak 16-inch square of cheesecloth in butter mixture until completely saturated; cover turkey completely with cheesecloth. Bake 1 hour 30 minutes.

5. Remove cheesecloth. Remove onion and herbs from turkey, but leave in pan. Bake 30 to 60 minutes longer or until thermometer reads 170° and juice of turkey is no longer pink when center is cut. *8 to 12 servings.*

1 Serving: Calories 342 (Calories from Fat 170); Fat 19g (Saturated 8g); Cholesterol 135mg; Sodium 470mg; Carbohydrate 1g (Dietary Fiber 0g); Protein 43g
% Daily Value: Vitamin A 6% Vitamin C 0% Calcium 2% Iron 8%
Diet Exchanges: 6 Lean Meat

Cover turkey with cheesecloth soaked in butter and wine.

Glazed Roast Turkey

PREP: 25 MIN COOK: 10 MIN ROAST: 4 HR

Cranberry Stuffing (page 22)
12-pound turkey, thawed if frozen
2 tablespoons butter or margarine, melted
Cranberry-Apple Glaze (right)

1. Heat oven to 325°. Make Cranberry Stuffing. Stuff turkey just before roasting–not ahead of time. Fill wishbone area with stuffing first. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Fill body cavity lightly. (Do not pack–stuffing will expand while cooking.) Tuck drumsticks under band of skin at tail, or tie together with heavy string, then tie to tail.

2. Place turkey, breast side up, on rack in shallow roasting pan. Brush with butter. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone. Do not add water.

3. Roast uncovered 3 hours 30 minutes to 4 hours. Thermometer will read 180°when turkey is done, and drumstick should move easily when lifted or twisted. Roast until juice is no longer pink when center of thigh is cut. Thermometer placed in center of stuffing will read 165°when done. If a meat thermometer is not used, begin testing for doneness after about 3 hours.

4. Make Cranberry-Apple Glaze while turkey is roasting. Brush glaze on turkey about 20 minutes before turkey is done.

5. Place a tent of aluminum foil loosely over turkey when it begins to turn golden. When two-thirds done, cut band of skin or string holding legs. When turkey is done, place on warm platter and cover with aluminum foil to keep warm. Let stand about 15 minutes for easiest carving.

6. To serve, brush again with glaze before carving. Cover and refrigerate any remaining turkey and stuffing separately. 18 servings.

Betty's Tips

SUCCESS HINT

To thaw a whole turkey, place turkey (in its original wrap) in a baking pan in the refrigerator for 2 to 3 days.

SERVE-WITH

Leftover glaze is divine drizzled over vanilla ice cream.

Cranberry-Apple Glaze

1 can (8 ounces) jellied cranberry sauce
¼ cup apple jelly
¼ cup light corn syrup

Mix all ingredients in 1-quart saucepan. Cook over medium heat about 5 minutes, stirring occasionally, until melted and smooth.

1 Serving: Calories 540 (Calories from Fat 255); Fat 28g (Saturated 12g); Cholesterol 170mg; Sodium 510mg; Carbohydrate 22g (Dietary Fiber 1g); Protein 50g
% Daily Value: Vitamin A 10%; Vitamin C 0%; Calcium 6%; Iron 16%
Diet Exchanges: 1 Starch, 6½ Lean Meat, 1 Vegetable, 1½ Fat

quick

Foolproof Gravy

PREP: 5 MIN COOK: 5 MIN

- ¼ cup turkey drippings (fat and juices from roasted turkey)
- ¼ cup Gold Medal® all-purpose flour
- 2 cups liquid (juices from roasted turkey, broth, water)
- Browning sauce, if desired
- ½ teaspoon salt
- ½ teaspoon pepper

1. Pour drippings from turkey roasting pan into bowl, leaving brown particles in pan. Return ¼ cup drippings to roasting pan. (Measure accurately because too little fat makes gravy lumpy.) Beat in flour with wire whisk. (Measure accurately so gravy is not greasy.)

2. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in liquid. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in a few drops of browning sauce. Stir in salt and pepper. 2 cups gravy.

¼ Cup: Calories 65 (Calories from Fat 45); Fat 5g (Saturated 1g); Cholesterol 5mg; Sodium 400mg; Carbohydrate 4g (Dietary Fiber 0g); Protein 2g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 2%
Diet Exchanges: 1½ Fat

Betty's Tips

Success Hint

The trick to smooth, creamy gravy is to use a wire whisk when adding the flour to the drippings. Beat the drippings rapidly with the whisk while adding the flour, and you won't get lumps.

Special Touch

For added flavor, use vegetable cooking water, tomato juice, vegetable juice or wine as part of the liquid.

quick

Cranberry Stuffing

PREP: 20 MIN COOK: 5 MIN

- 1 cup butter or margarine
- 3 medium celery stalks (with leaves), chopped (1½ cups)
- ¾ cup finely chopped onion
- 9 cups soft bread cubes (15 slices)
- ½ cup dried cranberries or golden raisins
- 2 tablespoons chopped fresh or 1½ teaspoons dried sage leaves
- 1 tablespoon chopped fresh or 1 teaspoon dried thyme leaves
- 1½ teaspoons salt
- ½ teaspoon pepper

1. Melt butter in 10-inch skillet over medium heat. Cook celery and onion in butter, stirring frequently, until onion is tender. Stir in about one-third of the bread cubes. Place in large bowl. Add remaining bread cubes and ingredients; toss.

2. Stuff turkey just before roasting. *18 servings.*

1 Serving: Calories 160 (Calories from Fat 100); Fat 11g (Saturated 7g); Cholesterol 30mg; Sodium 380mg; Carbohydrate 14g (Dietary Fiber 1g); Protein 2g
% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium 2%; Iron 4%
Diet Exchanges: 1 Starch, 2 Fat

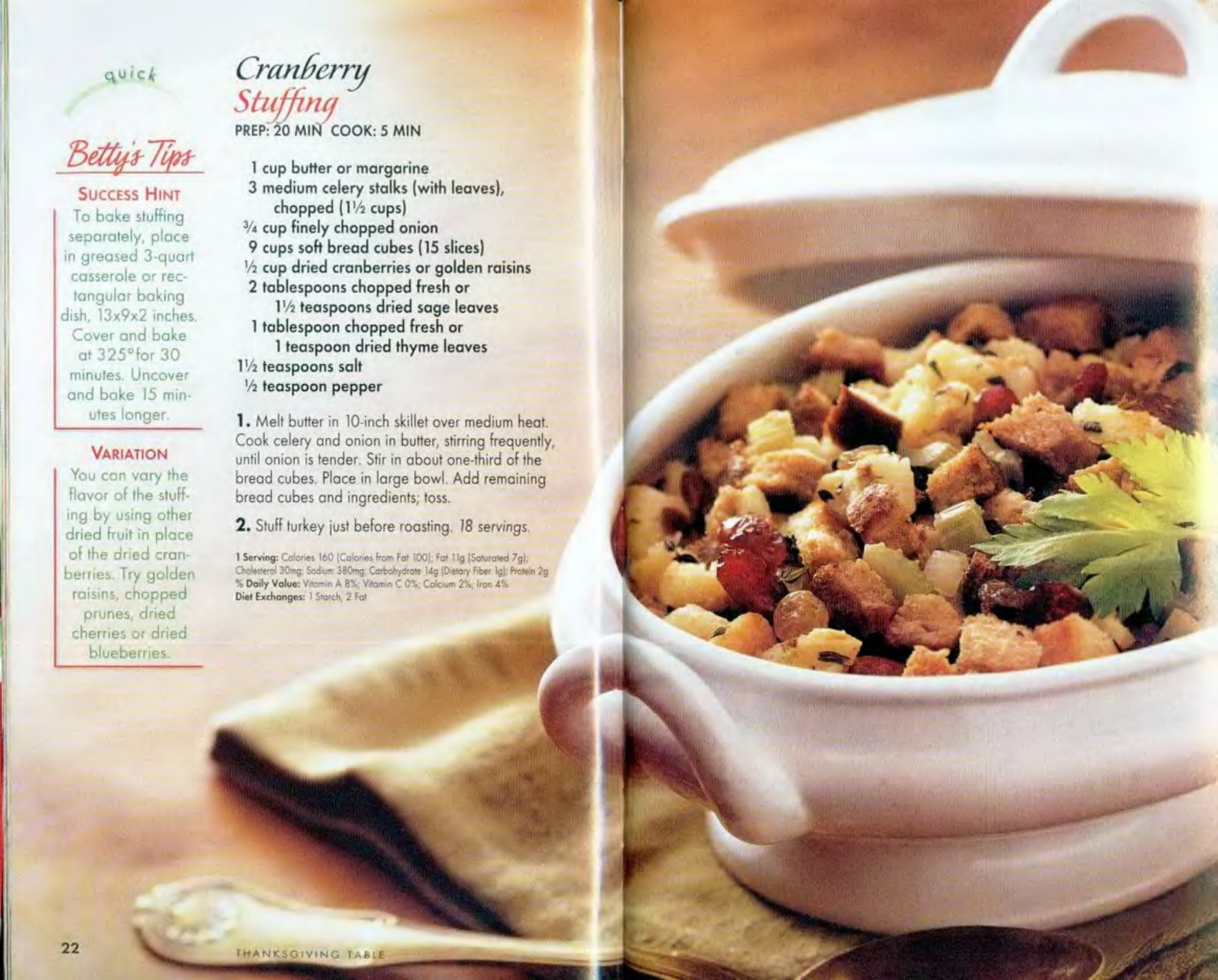
Betty's Tips

Success Hint

To bake stuffing separately, place in greased 3-quart casserole or rectangular baking dish, 13x9x2 inches. Cover and bake at 325°for 30 minutes. Uncover and bake 15 minutes longer.

Variation

You can vary the flavor of the stuffing by using other dried fruit in place of the dried cranberries. Try golden raisins, chopped prunes, dried cherries or dried blueberries.



A perfectly moist, slightly sweet stuffing with a nutty flavor.

Betty's Tips

Success Hint

Making soft bread crumbs is easy because you just tear the bread into small pieces. It's best to use a firm bread that is a couple of days old. Fresh, soft bread will give you a stuffing that is too moist and soggy.

Variation

A delicious meatless second meal can be made from any leftover stuffing. Simply shape the stuffing into patties, and heat in butter until brown on both sides. Serve with your favorite green veggie and juicy tomato slices.

Slow Cooker Apple Pecan Bread Stuffing

PREP: 20 MIN COOK: 5 HR

- 4 cups soft bread crumbs (about 6 slices bread)
- 1 cup crushed saltine crackers (about eighteen 2-inch squares)
- 1½ cups chopped apples
- 1 cup chopped pecans
- 1 large onion, chopped (1 cup)
- 2 medium stalks celery, chopped (1 cup)
- ⅔ cup vegetable or chicken broth
- ¼ cup butter or margarine, melted
- ½ teaspoon pepper
- ½ teaspoon rubbed sage
- 2 eggs
- Chopped fresh parsley, if desired

1. Spray inside of 2- to 3½-quart slow cooker with cooking spray. Mix bread crumbs, cracker crumbs, apples, pecans, onion and celery in cooker. Mix remaining ingredients except parsley until well blended; pour into cooker. Toss to coat ingredients.

2. Cover and cook on low heat setting 4 to 5 hours or until stuffing is slightly puffed and brown around the edges. Sprinkle with parsley. 8 servings.

1 Serving: Calories 260 (Calories from Fat 160); Fat 18g (Saturated 2g); Cholesterol 0mg; Sodium 380mg; Carbohydrate 24g (Dietary Fiber 3g); Protein 5g
% Daily Value: Vitamin A 8%; Vitamin C 2%; Calcium 4%; Iron 8%
Diet Exchanges: 1 Starch, ½ Fruit, 3½ Fat

low fat

Apple Cranberry Chutney

PREP: 10 MIN COOK: 1 HR

- 2 medium apples, chopped (2 cups)
- 2 cups cranberries
- 1 medium red bell pepper, chopped (1 cup)
- 1 small onion, finely chopped (¼ cup)
- ¾ cup packed brown sugar
- ½ cup golden raisins
- ½ cup white vinegar
- 1½ teaspoons finely chopped gingerroot
- 1 clove garlic, finely chopped

1. Mix all ingredients in 2-quart saucepan. Heat to boiling, stirring frequently; reduce heat.

2. Simmer uncovered about 1 hour, stirring frequently, until mixture thickens and fruit is tender. Store covered in nonaluminum container in refrigerator up to 2 weeks. *2 cups chutney.*

¼ Cup: Calories 150 (Calories from Fat 0); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 10mg, Carbohydrate 39g (Dietary Fiber 3g); Protein 1g
% Daily Value: Vitamin A 18%; Vitamin C 26%; Calcium 2%; Iron 2%
Diet Exchanges: 2½ Fruit

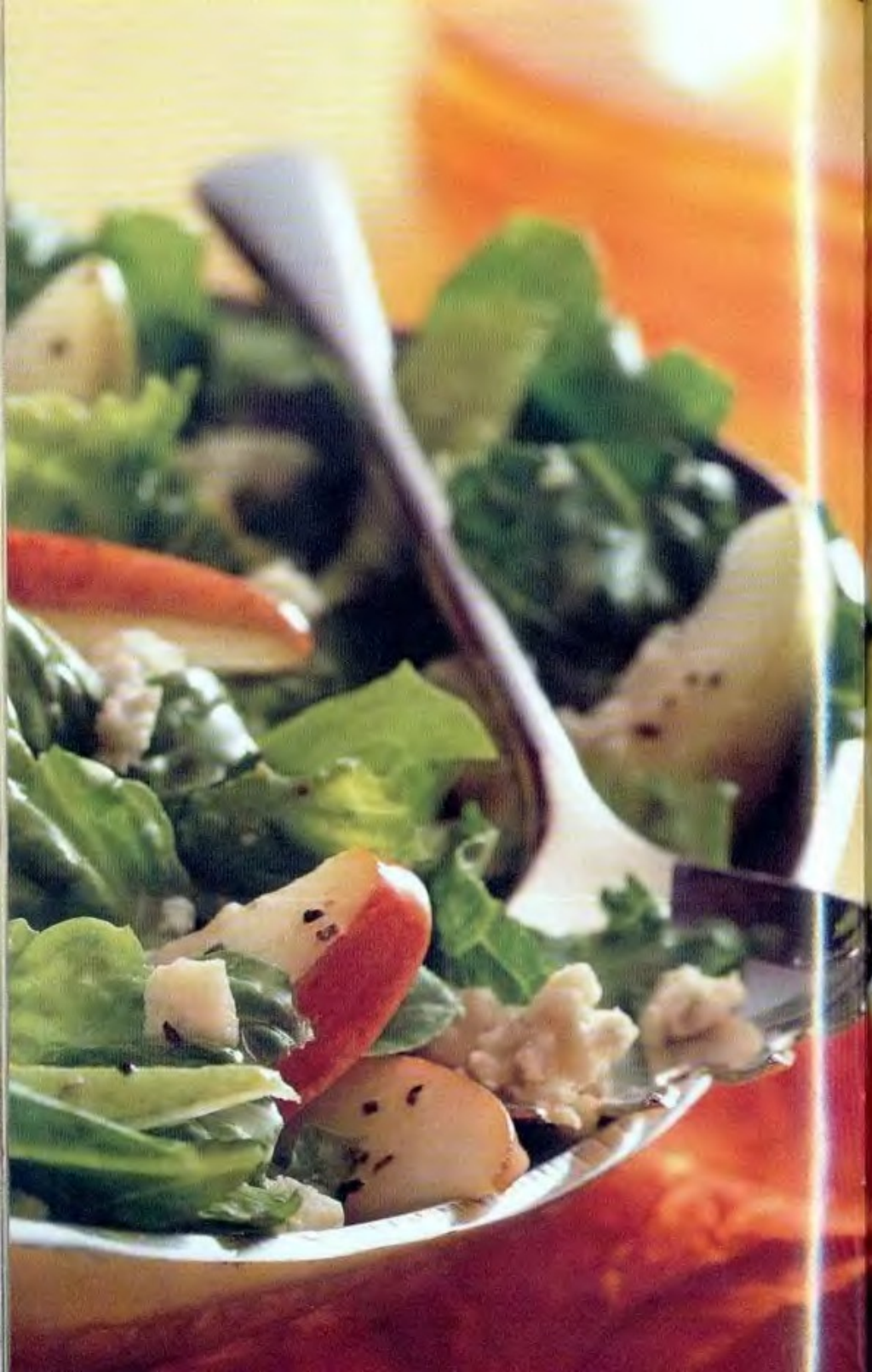
Betty's Tips

SUCCESS HINT

For longer storage, pour hot chutney into hot, sterilized jars, leaving ¼-inch headspace. Wipe rims of jars; seal. Cool on rack 1 hour. This makes a very nice hostess gift.

SERVE-WITH

Chutney is delicious served with roast turkey, ham or pork. Or for a quick appetizer, spoon chutney over a block of cream cheese and serve with crackers.



quick

Pear and Blue Cheese Salad

PREP: 20 MIN

Cider Vinaigrette (below)
Romaine leaves
2 red pears, thinly sliced
2 green pears, thinly sliced
½ cup crumbled blue cheese

1. Make Cider Vinaigrette.

2. Arrange romaine leaves on 8 salad plates. Divide red and green pear slices evenly among plates. Top each salad with 1 tablespoon blue cheese.

3. Drizzle each salad with about 2 tablespoons vinaigrette. 8 servings.

Cider Vinaigrette

½ cup olive or vegetable oil
2 tablespoons cider vinegar
1 teaspoon Dijon mustard
¼ teaspoon salt
¼ teaspoon pepper

Shake all ingredients in tightly covered container.

1 Serving: Calories 195 (Calories from Fat 145); Fat 16g (Saturated 3g); Cholesterol 5mg; Sodium 210mg; Carbohydrate 13g (Dietary Fiber 2g); Protein 2g
% Daily Value: Vitamin A 8%; Vitamin C 4%; Calcium 6%; Iron 2%
Diet Exchanges: 1 Fruit, 3 Fat

Betty's Tips

VARIATION

Instead of having individual salads, make this into a large salad with 8 cups bite-size pieces of romaine, chopped pears, chopped apples, blue cheese and Cider Vinaigrette.

DID YOU KNOW?

Roquefort cheese is one of the oldest and best-known blue cheeses in the world. It is made from sheep's milk that has been exposed to a special mold and then aged for 3 months or more in limestone caverns in southwestern France.

Slow Cooker Sweet Potatoes

PREP: 15 MIN COOK: 8 HR

6 medium sweet potatoes or yams (2 pounds), peeled and cut into 1-inch cubes
1½ cups applesauce
⅔ cup packed brown sugar
3 tablespoons butter or margarine, melted
1 teaspoon ground cinnamon
½ cup chopped nuts, toasted

1. Place sweet potatoes in 2- to 3½-quart slow cooker. Mix remaining ingredients except nuts; spoon over potatoes.

2. Cover and cook on low heat setting 6 to 8 hours or until potatoes are very tender.

3. Meanwhile, cook nuts in ungreased heavy skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant; set aside. Sprinkle nuts over sweet potatoes. 6 servings.

1 Serving: Calories 370 (Calories from Fat 110); Fat 12g (Saturated 4g); Cholesterol 15mg; Sodium 60mg; Carbohydrate 66g (Dietary Fiber 5g); Protein 4g
% Daily Value: Vitamin A 100%; Vitamin C 24%; Calcium 6%; Iron 8%
Diet Exchanges: 1 Starch, 3½ Fruit, 2 Fat

Betty's Tips

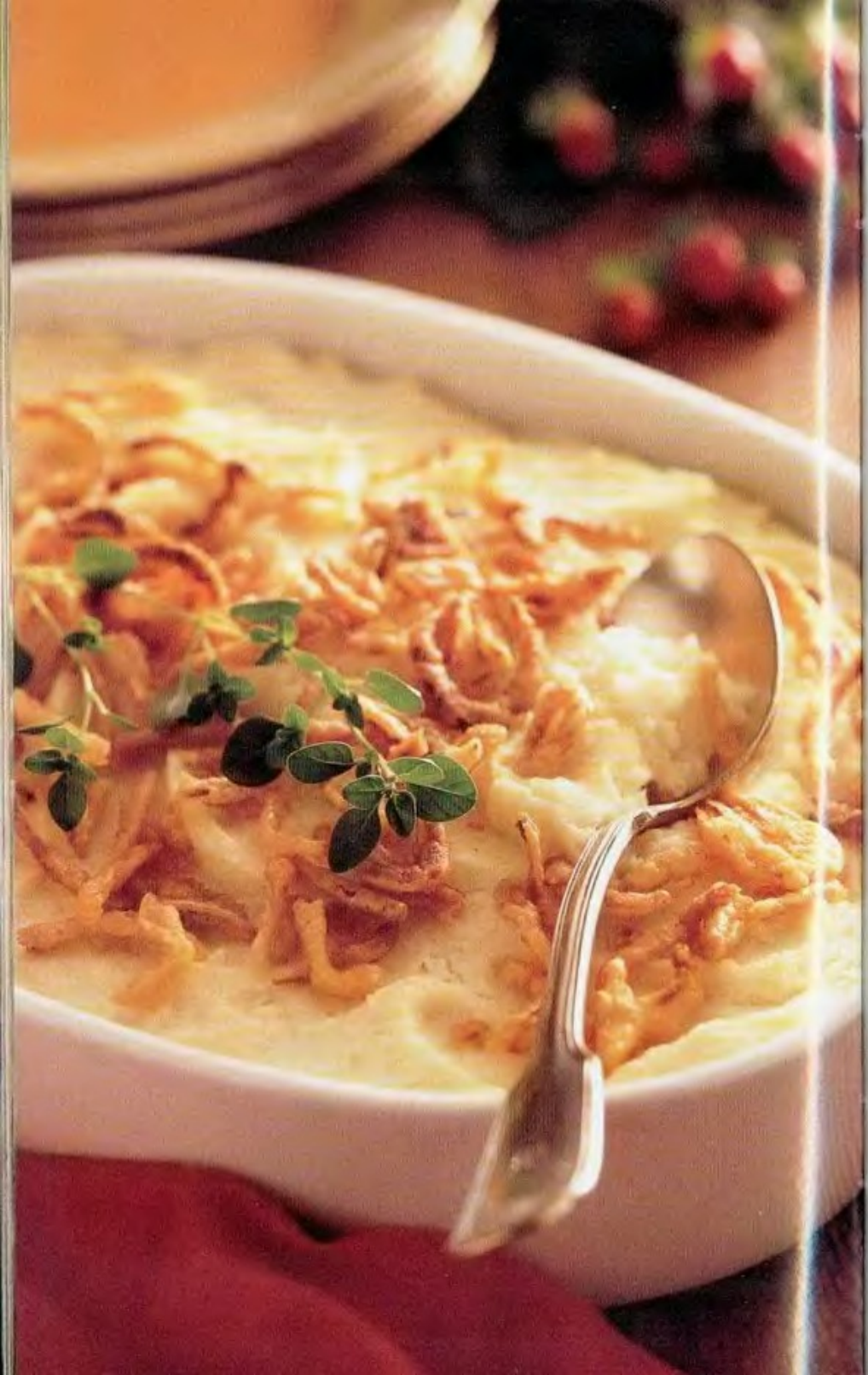
Success Hint

Many varieties of sweet potatoes are available. Although the variety of sweet potatoes with dark orange skin is often labeled as "yams," true yams are not available in our supermarkets. The very light-colored sweet potatoes are not as sweet and are drier than the darker-skinned ones. We like the darker sweet potatoes (or "yams") for this dish.

Serve-With

While the turkey roasts in the oven, cook this Thanksgiving favorite in the slow cooker. If your home is this year's holiday gathering spot for family and friends, you can double or triple this recipe and cook it in a 5- to 6-quart co

Free up oven space with these slow-simmered cinnamon sweet potatoes.



Betty's Tips

Special Touch

If you're not serving gravy with the mashed potatoes, you may like to try some of these ideas for perking up your potatoes:

- Sprinkle 1 cup crushed herb-seasoned croutons over potatoes.
- Sprinkle 1 can (2.8 ounces) French-fried onions over potatoes.
- Place purchased pesto in a resealable plastic bag; snip off a tiny corner and drizzle pesto over potatoes.
- Sprinkle shredded Parmesan cheese over potatoes.

Do-Ahead Garlic Mashed Potatoes

PREP: 35 MIN CHILL: UP TO 24 HR BAKE: 45 MIN

3 pounds potatoes (about 9 medium), peeled and cut into pieces
6 cloves garlic, peeled
¾ cup milk
½ cup whipping (heavy) cream
½ cup butter or margarine
1 teaspoon salt
Dash of pepper

1. Place potatoes and garlic in 3-quart saucepan; add enough water (salted if desired) to cover. Cover and heat to boiling; reduce heat. Simmer covered 20 to 25 minutes or until tender; drain. Shake pan with potatoes over low heat to dry. Mash potatoes and garlic in pan with potato masher or electric mixer until no lumps remain.

2. Heat milk, whipping cream, butter, salt and pepper over medium-low heat, stirring occasionally, until butter is melted; reserve and refrigerate ¼ cup mixture. Add remaining milk mixture in small amounts to potatoes, mashing after each addition, until potatoes are light and fluffy. (Amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes used.)

3. Grease 2-quart casserole. Spoon potatoes into casserole; cover and refrigerate up to 24 hours.

4. Heat oven to 350°. Pour reserved milk mixture over potatoes. Bake uncovered 40 to 45 minutes or until hot. Stir potatoes before serving. 8 servings.

1 Serving: Calories 290 (Calories from Fat 155); Fat 17g (Saturated 10g); Cholesterol 50mg; Sodium 400mg; Carbohydrate 33g (Dietary Fiber 3g); Protein 4g
% Daily Value: Vitamin A 12%; Vitamin C 10%; Calcium 6%; Iron 2%
Diet Exchanges: 2 Starch, 3 Fat

quick & low fat

Betty's Tips

VARIATION

For a milder-tasting southwestern-flavored corn side dish, replace chipotle chilies and sun-dried tomatoes with ½ cup mild salsa.

DID YOU KNOW?

Chipotle chilies are actually dried smoked jalapeño chilies.

Hot 'n Spicy Corn

PREP: 5 MIN COOK: 10 MIN

- 1 bag (2 pounds) frozen whole kernel corn
- 1 tablespoon finely chopped chipotle chilies in adobo sauce (from 7-ounce can)
- ½ cup sun-dried tomatoes in oil and herbs (from 8-ounce jar), drained and chopped
- 1 teaspoon salt

1. Cook corn as directed on bag.

2. Stir in remaining ingredients; cook until hot. *8 servings.*

1 Serving: Calories 100 (Calories from Fat 10); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 340mg; Carbohydrate 23g (Dietary Fiber 3g); Protein 3g
% Daily Value: Vitamin A 6%; Vitamin C 8%; Calcium 0%; Iron 2%
Diet Exchanges: 1 Starch, 1 Vegetable

Green Beans with Shiitake Mushrooms

PREP: 15 MIN COOK: 16 MIN

1½ pounds fresh green beans
¼ cup slivered almonds
6 ounces fresh shiitake mushrooms
1 tablespoon olive or vegetable oil
1 tablespoon sesame oil
3 cloves garlic, finely chopped
2 tablespoons soy sauce

1. Remove ends of beans. Leave beans whole, or cut into 1-inch pieces. Place steamer basket in ½ inch water in saucepan or skillet (water should not touch bottom of basket). Place green beans in steamer basket. Cover tightly and heat to boiling; reduce heat. Steam 10 minutes.

2. Cook almonds in ungreased heavy skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant.

3. Remove tough stems of mushrooms; cut mushrooms into ¼-inch slices. Heat olive and sesame oils in 12-inch skillet over medium heat. Cook mushrooms and garlic in oil 3 minutes, stirring occasionally. Stir in soy sauce and green beans. Cook 2 to 3 minutes or until green beans are crisp-tender. Sprinkle with almonds. 6 servings.

1 Serving: Calories 95 (Calories from Fat 65); Fat 7g (Saturated 1g); Cholesterol 0mg; Sodium 310mg; Carbohydrate 9g (Dietary Fiber 4g); Protein 3g
% Daily Value: Vitamin A 12%; Vitamin C 4%; Calcium 6%; Iron 8%
Diet Exchanges: 2 Vegetable, 1 Fat

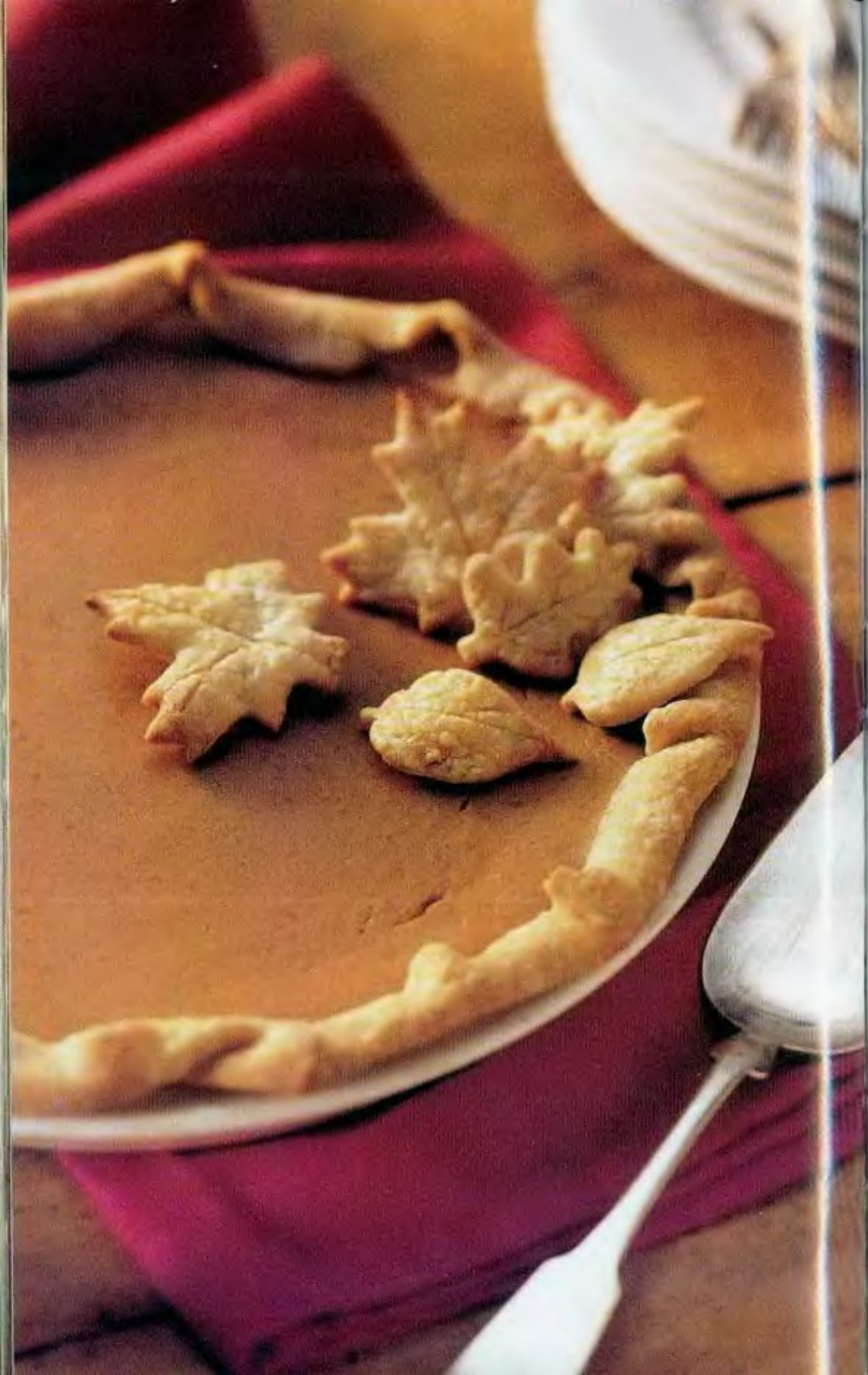
Betty's Tips

SUBSTITUTION

If you're pressed for time, you can purchase two 12-ounce bags of precut, washed fresh green beans. You'll find them in the produce section of your supermarket.

DID YOU KNOW?

Once cultivated only in Japan and Korea, shiitake mushrooms are now cultivated in the United States. The meaty flesh has a full-bodied, some even say steaklike, flavor. The stems are tough but add a wonderful flavor to stocks and sauces. (Discard the stems after they've been used for flavoring.)



Tempting Pumpkin Pie

PREP: 20 MIN BAKE: 1 HR COOL: 30 MIN CHILL: 4 HR

Best Flaky Pastry (page 40)
2 eggs
½ cup sugar
1 teaspoon ground cinnamon
½ teaspoon salt
½ teaspoon ground ginger
⅛ teaspoon ground cloves
1 can (15 ounces) pumpkin (not pumpkin pie mix)
1 can (12 ounces) evaporated milk

1. Heat oven to 425°. Make Best Flaky Pastry–except trim overhanging edge of pastry ½ inch from rim of pie plate. Fold and roll pastry in toward middle of pie rather than under. Do not flute.

2. Beat eggs slightly in medium bowl with wire whisk or hand beater. Beat in remaining ingredients.

3. Cover edge of pie crust with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking. To prevent spilling, place pastry-lined pie plate on oven rack. Pour filling into pie plate. Bake 15 minutes.

4. Reduce oven temperature to 350°. Bake about 45 minutes longer or until knife inserted in center comes out clean. Cool 30 minutes. Refrigerate about 4 hours or until chilled. Store covered in refrigerator. 8 servings.

1 Serving: Calories 280 (Calories from Fat 125); Fat 14g (Saturated 4g); Cholesterol 60mg; Sodium 290mg; Carbohydrate 34g (Dietary Fiber 2g); Protein 7g
% Daily Value: Vitamin A 100%; Vitamin C 2%; Calcium 16%; Iron 10%
Diet Exchanges: 1 Starch, 1 Vegetable, 1 Fruit, 2½ Fat

Betty's Tips

Serve-With

For ultimate decadence, serve slices of this pumpkin pie on a pool of caramel sauce.

Special Touch

To make your own pie as pretty as this picture, cut scraps of rolled pastry with leaf-shaped cookie cutters. Sprinkle cutouts with sugar; drape over rolled-up foil (½ inch diameter) on a cookie sheet. Bake at 425° 3 to 5 minutes or until golden brown. Let cool. Once pie has baked and cooled, top with leaves.

Chocolate Pecan Pie

PREP: 20 MIN BAKE: 50 MIN COOL: 30 MIN CHILL: 2 HR

Best Flaky Pastry (below)
⅔ cup sugar
⅓ cup butter or margarine, melted
1 cup corn syrup
2 tablespoons bourbon, if desired
½ teaspoon salt
3 eggs
1 cup pecan halves or broken pecans
1 bag (6 ounces) semisweet chocolate chips (1 cup)

1. Heat oven to 375°. Make Best Flaky Pastry.

2. Beat sugar, butter, corn syrup, bourbon, salt and eggs in large bowl with hand beater. Stir in pecans and chocolate chips. Pour into pastry-lined pie plate. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.

3. Bake 40 to 50 minutes or until set. Cool 30 minutes. Refrigerate about 2 hours until chilled. 8 servings.

Best Flaky Pastry

1 cup Gold Medal all-purpose flour
¼ teaspoon salt
⅓ cup plus 1 tablespoon shortening or ⅓ cup lard
2 to 3 tablespoons cold water

Mix flour and salt in medium bowl. Cut in shortening, using pastry blender or crisscrossing 2 knives, until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).

Betty's Tips

SUBSTITUTION
Rise to the occasion! If using self-rising flour, there is no need to add salt.

HEALTH TWIST
Decrease the butter to ¼ cup, and use only ½ cup pecans.

SPECIAL TOUCH
Garnish with whipped cream and Betty Crocker Dessert Decorations chocolate leaves.

Gather pastry into a ball. Shape into flattened round on lightly floured surface. Roll pastry, using floured rolling pin, into circle 2 inches larger than upside-down pie plate, 9x1¼ inches. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired.

1 Serving: Calories 630 (Calories from Fat 315); Fat 35g (Saturated 14g); Cholesterol 105mg; Sodium 350mg; Carbohydrate 76g (Dietary Fiber 3g); Protein 6g
% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium 2%; Iron 10%
Diet Exchanges: Not Recommended

Home for Christmas

There's no place like it. Welcome loved ones home from near and far for a delicious and merry holiday feast.

Sesame Pea Pods, p. 44

Baked Ham with Balsamic Brown Sugar Glaze , p. 45

quick & low fat

Sesame Pea Pods

PREP: 10 MIN COOK: 5 MIN

(Photo on page 43)

1 tablespoon sesame oil
¾ pound snow (Chinese) pea pods, strings removed (3 cups)
1 tablespoon sesame seed
1 medium red or yellow bell pepper, cut into thin strips

1. Heat oil in 12-inch skillet over medium-high heat. Add pea pods and sesame seed. Cook about 2 minutes, stirring frequently, until pea pods are crisp-tender.

2. Stir in bell pepper. Cook about 2 minutes, stirring frequently, until bell pepper is crisp-tender. *8 servings.*

1 Serving: Calories 40 (Calories from Fat 25); Fat 3g (Saturated 0g); Cholesterol 0mg; Sodium 0mg; Carbohydrate 3g (Dietary Fiber 1g); Protein 1g
% Daily Value: Vitamin A 24%; Vitamin C 38%; Calcium 0%; Iron 2%
Diet Exchanges: 1 Vegetable, ½ Fat

Betty's Tips

Substitution

For a dramatic presentation, prepare this dish with black sesame seed in place of the more typical creamy white sesame seed. Black sesame seed may be purchased at Middle Eastern supermarkets or your neighborhood food cooperative.

Did You Know?

Sesame oil comes in two basic types. The darker sesame oil has a stronger flavor and is usually used in Asian dishes. Either type will work with this recipe.

low fat

Baked Ham with Balsamic Brown Sugar Glaze

PREP: 15 MIN BAKE: 2 HR 15 MIN STAND: 10 MIN

(Photo on page 43)

6- to 8-pound fully cooked smoked bone-in ham
1 cup packed brown sugar
2 tablespoons balsamic or cider vinegar
½ teaspoon ground mustard
Orange slices, if desired
Maraschino cherries, if desired

1. Heat oven to 325°. Place ham, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of ham and does not touch bone or rest in fat. Cover loosely and bake 1 hour 15 minutes to 2 hours 15 minutes or until thermometer reads 135°(13 to 17 minutes per pound).

2. About 20 minutes before ham is done, remove from oven. Pour drippings from pan. Remove any skin from ham. Mix brown sugar, vinegar and mustard; pat or brush on ham. Bake uncovered 20 minutes longer.

3. Cover ham loosely and let stand about 10 minutes or until thermometer reads 140°. Garnish with orange slices and cherries. *12 servings.*

1 Serving: Calories 225 (Calories from Fat 55); Fat 6g (Saturated 2g); Cholesterol 60mg; Sodium 1320mg; Carbohydrates 20g (Dietary Fiber 0); Protein 23g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 10%
Diet Exchanges: 3 Lean Meat, 1 Fruit

Betty's Tips

Success Hint

While the ham stands for 10 minutes, the temperature will continue to rise about 5°. You'll notice that the ham will be easier to carve as the juices set up.

Special Touch

Although this ham is delicious on its own, you may want to serve it with honey mustard, horseradish sauce, applesauce or a fruit chutney.

Do-Ahead Ravioli Sausage Lasagna

PREP: 10 MIN COOK: 10 MIN CHILL: 8 HR
BAKE: 1 HR STAND: 10 MIN

- 1¼ pounds bulk Italian sausage
- 1 jar (26 to 28 ounces) tomato pasta sauce (any variety)
- 1 package (25 to 27½ ounces) frozen cheese-filled ravioli
- 2½ cups shredded mozzarella cheese (10 ounces)
- 2 tablespoons grated Parmesan cheese

1. Cook sausage in 10-inch skillet over medium heat, stirring occasionally, until no longer pink; drain.

2. Spread ½ cup of the pasta sauce in ungreased rectangular pan, 13x9x2 inches. Arrange single layer of frozen ravioli over sauce; evenly pour 1 cup pasta sauce over ravioli. Sprinkle evenly with 1½ cups sausage and 1 cup of the mozzarella cheese. Repeat layers with remaining ravioli, pasta sauce and sausage.

3. Cover tightly with aluminum foil and refrigerate at least 8 hours but no longer than 24 hours.

4. Heat oven to 350°. Bake covered 45 minutes. Remove foil; sprinkle with remaining 1½ cups mozzarella and the Parmesan cheese. Bake about 15 minutes or until cheese is melted and lasagna is hot in center. Let stand 10 minutes before cutting. 8 servings.

1 Serving: Calories 540 (Calories from Fat 280); Fat 31g (Saturated 13g); Cholesterol 150mg; Sodium 1920mg; Carbohydrate 35g (Dietary Fiber 2g); Protein 32g
% Daily Value: Vitamin A 22%; Vitamin C 12%; Calcium 48%; Iron 14%
Diet Exchanges: 2 Starch, 3½ High-Fat Meat, 1 Vegetable, 2 Fat

Betty's Tips

SUCCESS HINT

Letting pasta casseroles stand a short time after baking lets the mixture cool slightly and allows for easier cutting and serving.

SERVE-WITH

This easy, cheesy casserole is a crowd pleaser. Serve with thick slices of garlic bread and a tossed green salad.

Simple Christmas Eve Supper

Fresh shrimp and cocktail sauce

Do-Ahead Ravioli Sausage Lasagna

Holiday Marinated Vegetables (page 59)

Easy Peppermint Dessert (page 68)

Rib Roast with Herb Rub

PREP: 20 MIN ROAST: 2 HR STAND: 15 MIN

Herb Rub (below)
4-pound boneless beef rib roast
1 clove garlic, cut in half
¼ cup Dijon mustard
Horseradish Sauce (below), if desired

1. Heat oven to 325°. Make Herb Rub. Place beef, fat side up, on rack in shallow roasting pan. Rub garlic over top and sides of beef. Spread mustard over top and sides of beef. Spread Herb Rub over top and sides of beef.

2. Insert meat thermometer so tip is in center of thickest part of beef and does not touch bone. Roast uncovered 1 hour 30 minutes to 2 hours or until thermometer reads 155°(medium doneness). While beef is roasting, make Horseradish Sauce.

3. Cover beef loosely with aluminum foil tent and let stand about 15 minutes or until thermometer reads 160°. Serve beef with sauce. *8 servings.*

Herb Rub

¾ cup chopped fresh parsley
1½ tablespoons chopped fresh or 1½ teaspoons dried thyme leaves
1½ tablespoons chopped fresh or 1½ teaspoons dried rosemary leaves
1 tablespoon olive or vegetable oil
2 cloves garlic, finely chopped

Mix all ingredients.

Horseradish Sauce

1 cup sour cream
1 tablespoon plus 1 teaspoon horseradish sauce
1 tablespoon plus 1 teaspoon Dijon mustard
¼ teaspoon coarsely ground pepper

Mix all ingredients. Cover and refrigerate at least 1 hour to blend flavors.

1 Serving: Calories 270 (Calories from Fat 155); Fat 17g (Saturated 6g); Cholesterol 80mg; Sodium 190mg; Carbohydrate 1g (Dietary Fiber 0g); Protein 28g
% Daily Value: Vitamin A 8%; Vitamin C 4%; Calcium 0%; Iron 18%
Diet Exchanges: 4 Lean Meat, 1 Fat

Spread Herb Rub over top and sides of beef.

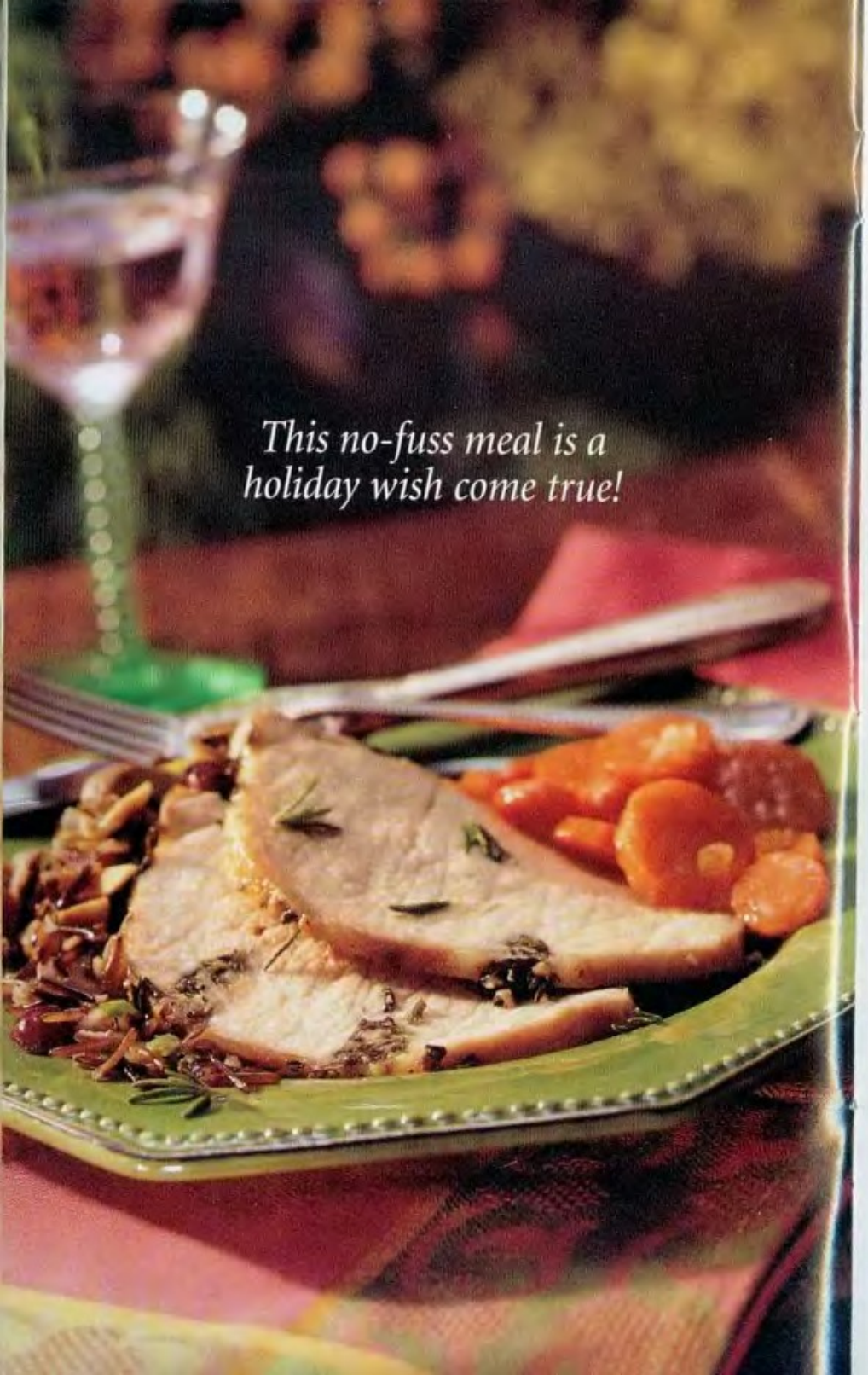
Happy Holiday Dinner

Brie cheese topped with Apple Cranberry Chutney (page 26)

Rib Roast with Herb Rub

Sesame Pea Pods (page 44)

Pesto Biscuits (page 64)



Italian Roast Pork with Rosemary

PREP: 10 MIN ROAST: 1 HR STAND: 20 MIN

2½- to 3-pound pork loin roast
2 tablespoons chopped fresh rosemary leaves
4 cloves garlic
1 teaspoon salt
1 teaspoon pepper
2 tablespoons butter or margarine
1 small onion, chopped (¼ cup)
¼ cup olive or vegetable oil

1. Heat oven to 350°. Trim fat from pork. Finely chop rosemary and garlic together. Make 8 to 10 deep cuts, about 2 inches apart, in pork with sharp knife. Insert small amounts of garlic mixture in cuts. Sprinkle salt and pepper over pork.

2. Melt butter in shallow roasting pan in oven. Sprinkle onion over butter. Place pork in pan; drizzle with oil. Insert meat thermometer so tip is in center of thickest part of pork and does not rest in fat.

3. Roast uncovered 50 to 60 minutes or until thermometer reads 155°. Cover with tent of aluminum foil and let stand 15 to 20 minutes or until thermometer reads 160°. (Temperature will continue to rise about 5°, and pork will be easier to carve.) 8 servings.

1 Serving: Calories 220 (Calories from Fat 125); Fat 18g (Saturated 6g); Cholesterol 95mg; Sodium 360mg; Carbohydrate 1g (Dietary Fiber 0g); Protein 32g
% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 0%; Iron 6%
Diet Exchanges: 3 Medium-Fat Meat

Betty's Tips

SERVE-WITH

Warm leftover roast pork slices and serve on small buns or biscuits with Dijon mustard or horseradish sauce for a light bite or late-night snack.

SPECIAL TOUCH

Garnish with extra rosemary sprigs for a pretty presentation.

Champagne Shrimp Risotto

PREP: 10 MIN COOK: 40 MIN

- 1 pound uncooked medium shrimp in shells, thawed if frozen
- 2 tablespoons butter or margarine
- 1 medium onion, thinly sliced
- ½ cup brut champagne, dry white wine or chicken broth
- 1½ cups uncooked Arborio or other short-grain white rice
- 2 cups chicken broth, warmed
- 1 cup clam juice or water, warmed
- 2 cups chopped arugula, watercress or spinach
- ⅓ cup grated Parmesan cheese
- ½ teaspoon ground pepper
- Chopped fresh parsley, if desired

1. Peel shrimp. Make a shallow cut lengthwise down back of each shrimp; wash out vein.

2. Melt butter in 12-inch skillet or 4-quart Dutch oven over medium-high heat. Cook onion in butter, stirring frequently, until tender. Reduce heat to medium. Add shrimp. Cook uncovered about 8 minutes, turning once, until shrimp are pink and firm. Remove shrimp from skillet; keep warm.

3. Add champagne to onion in skillet; cook until liquid has evaporated. Stir in rice. Cook uncovered over medium heat about 5 minutes, stirring frequently, until edges of rice kernels are translucent. Mix chicken broth and clam juice; pour ½ cup mixture over rice. Cook uncovered, stirring occasionally, until liquid is absorbed. Repeat with remaining broth mixture, ½ cup at a time, until rice is tender and creamy.

4. About 5 minutes before risotto is done, stir in shrimp, arugula, cheese and pepper. Sprinkle with parsley before serving. 6 servings.

1 Serving: Calories 295 (Calories from Fat 65); Fat 7g (Saturated 4g); Cholesterol 85mg; Sodium 730mg; Carbohydrate 43g (Dietary Fiber 1g); Protein 16g
% Daily Value: Vitamin A 24%; Vitamin C 4%; Calcium 12%; Iron 20%
Diet Exchanges: 3 Starch, 1 Very Lean Meat, 1 Vegetable

Betty's Tips

SUCCESS HINT

Even though you may be tempted, don't rush the process! When making risotto, adding the broth a little at a time ensures that the dish will be creamy while allowing the grains to remain separate.

VARIATION

Leave out the shrimp and serve this as a lovely main course for your vegetarian friends.

Candlelight Christmas Supper

Assorted cheeses and rustic breads

Champagne Shrimp Risotto

Christmas Salad with Balsamic Vinaigrette (page 55)

Easy Puff Twists (page 67)

quick

Balsamic Vinaigrette

PREP: 10 MIN

⅓ cup olive or vegetable oil
¼ cup balsamic or red wine vinegar
2 tablespoons sugar
1 clove garlic, finely chopped
1 teaspoon Dijon mustard

1. Beat all ingredients with wire whisk until smooth. *⅔ cup vinaigrette.*

1 Tablespoon: Calories 75 (Calories from Fat 65); Fat 12g (Saturated 2g); Cholesterol 0mg; Sodium 20mg; Carbohydrate 5g (Dietary Fiber 0g); Protein 0g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 0%
Diet Exchanges: 1½ Fat

quick

Betty's Tips

Success Hint

To toast nuts, heat oven to 350°. Spread nuts in ungreased shallow pan. Bake about 10 minutes, stirring occasionally, until golden brown and fragrant. Watch carefully because nuts brown quickly. Or cook nuts in ungreased heavy skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant.

Christmas Salad with Balsamic Vinaigrette

PREP: 20 MIN

Balsamic Vinaigrette (opposite page)
1 bag (10 ounces) mixed baby greens or Italian-blend salad greens
1 avocado, pitted, peeled and sliced
⅓ cup pistachio nuts
¼ cup dried cranberries

1. Make Balsamic Vinaigrette.

2. Toss vinaigrette and remaining ingredients just before serving. *6 servings.*

1 Serving: Calories 235 (Calories from Fat 125); Fat 20g (Saturated 3g); Cholesterol 0mg; Sodium 35mg; Carbohydrate 14g (Dietary Fiber 3g); Protein 3g
% Daily Value: Vitamin A 30%; Vitamin C 18%; Calcium 4%; Iron 6%
Diet Exchanges: 3 Vegetable, 3½ Fat

See the chart below for examples of delicious ingredient combinations to toss with greens and Balsamic Vinaigrette.

VARIATION 1:
2 cups quartered strawberries
1 package (4 ounces) goat cheese crumbles
⅓ cup slivered almonds, toasted

VARIATION 2:
1 medium green apple, chopped (1 cup)
4 ounces Gorgonzola or blue cheese, crumbled (½ cup)
⅓ cup walnuts, toasted

VARIATION 3:
2 cups fresh mushrooms, sliced
1½ cups grape tomatoes, cut in half
⅓ cup finely sliced purple onion

quick

Gingered Carrots

PREP: 10 MIN COOK: 10 MIN

6 medium carrots, sliced (3 cups)
¼ cup sugar
2 tablespoons butter or margarine
1 teaspoon finely chopped crystallized ginger

1. Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan; add carrots. Heat to boiling; reduce heat. Cover and cook about 5 minutes or until crisp-tender; drain.

2. Cook and stir sugar, butter and ginger in same saucepan over medium heat until bubbly; add carrots. Cook 1 to 2 minutes over low heat, stirring occasionally, until carrots are glazed and heated through. 6 servings.

1 Serving: Calories 90 (Calories from Fat 35); Fat 4g (Saturated 2g); Cholesterol 10mg; Sodium 45mg; Carbohydrate 15g (Dietary Fiber 2g); Protein 1g
% Daily Value: Vitamin A 100%; Vitamin C 4%; Calcium 2%; Iron 2%
Diet Exchanges: 1 Vegetable, ½ Fruit, 1 Fat

Betty's Tips

SUBSTITUTION

If you don't have crystallized ginger handy, replace it with ½ teaspoon ground ginger.

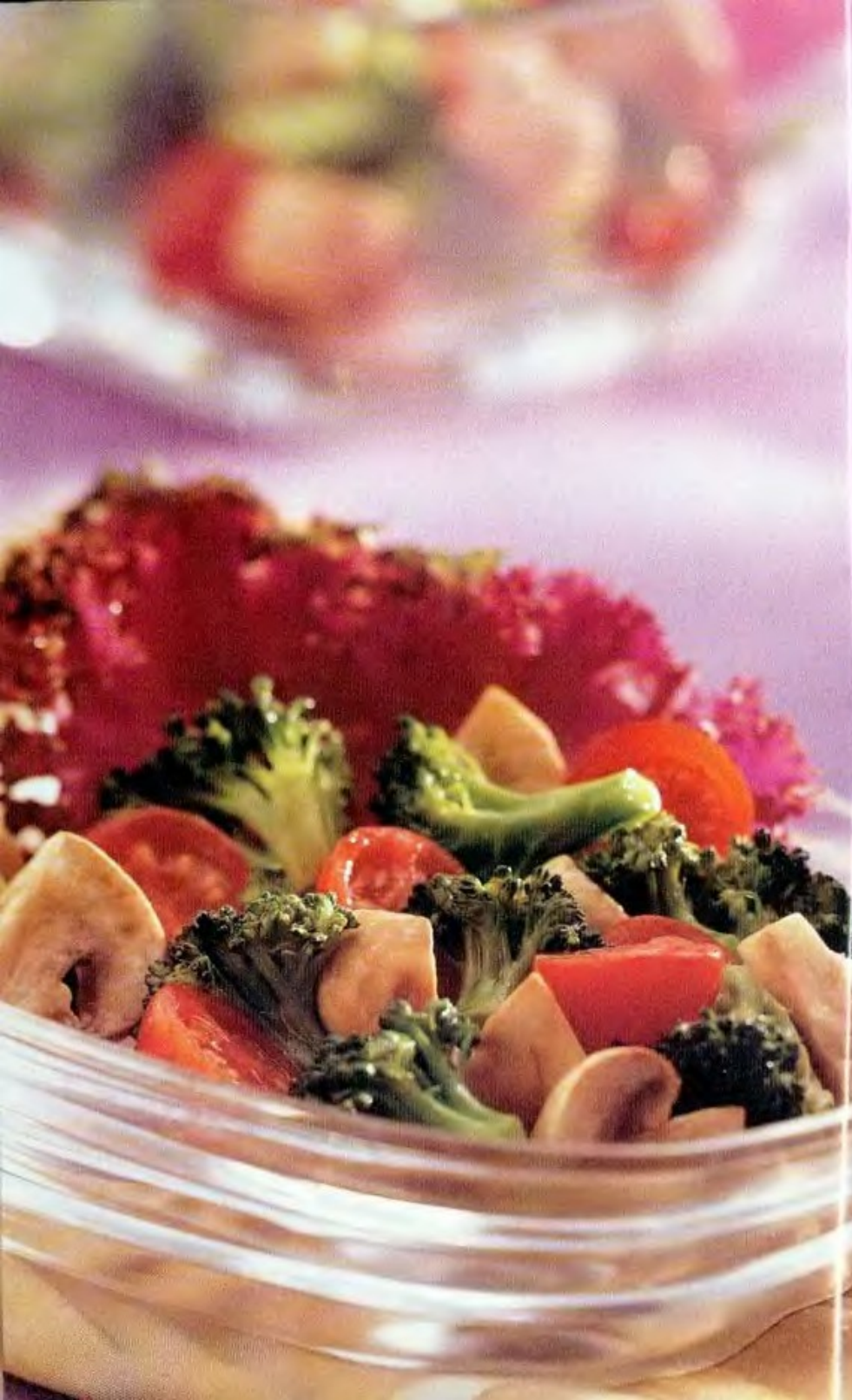
SUCCESS HINT

To microwave, place carrots and 2 tablespoons water in 1½-quart microwavable casserole. Cover tightly and microwave on High 4 to 6 minutes, stirring after 2 minutes, until carrots are crisp-tender; drain. Stir in sugar, butter and ginger. Cover and microwave 2 to 3 minutes, stirring after 1 minute, until carrots are heated through.

SPECIAL TOUCH

Sugared rosemary adds a festive touch to holiday dishes. Brush fresh rosemary sprigs with water, and sprinkle with sugar.

Crystallized ginger adds a subtle sweetness to these carrots.



Holiday Marinated Vegetables

PREP: 10 MIN CHILL: 3 HR

- ⅔ cup Balsamic Vinaigrette (page 54) or Italian vinaigrette dressing
- 4 cups cooked broccoli or Brussels sprouts
- 2 cups cherry tomatoes, cut in half
- 3 cups mushroom halves or fourths (8 ounces)
- Lettuce leaves, if desired

1. Pour Balsamic Vinaigrette over broccoli and tomatoes in large glass or plastic bowl. Cover and refrigerate at least 3 hours but no longer than 24 hours.

2. Add mushrooms to vegetables; toss until well coated. Drain before serving. Serve vegetables on lettuce. 8 servings.

1 Serving: Calories 170 (Calories from Fat 125); Fat 14g (Saturated 2g); Cholesterol 0mg; Sodium 40mg; Carbohydrate 11g (Dietary Fiber 2g); Protein 2g
% Daily Value: Vitamin A 18%; Vitamin C 42%; Calcium 2%; Iron 6%
Diet Exchanges: 2 Vegetable, 2½ Fat

Betty's Tips

Time-Saver

For a shortcut, use a bottled vinaigrette that you buy at the grocery store. The flavors are endless, and if calories and fat are an issue, you can now choose low-fat or no-fat dressings.

Special Touch

Serve these festive marinated vegetables on individual serving plates that you've lined with kale leaves or red leaf lettuce. Sprinkle with toasted pine nuts for extra pizzazz.

Slow Cooker Wild Rice with Cranberries

PREP: 15 MIN COOK: 5 HR 15 MIN

Start a new family tradition with this festive rice dish.

1½ cups uncooked wild rice
1 tablespoon butter or margarine, melted
½ teaspoon salt
¼ teaspoon pepper
4 medium green onions, sliced (¼ cup)
2 cans (14 ounces each) vegetable broth
1 can (4 ounces) sliced mushrooms, undrained
½ cup slivered almonds
⅓ cup dried cranberries

1. Mix all ingredients except almonds and cranberries in 2- to 3½-quart slow cooker.

2. Cover and cook on low heat setting 4 to 5 hours or until wild rice is tender.

3. Meanwhile, cook almonds in the ungreased heavy skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant; set aside. Stir almonds and cranberries into rice mixture. Cover and cook on low heat setting 15 minutes. 6 servings.

1 Serving: Calories 260 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 5mg; Sodium 900mg; Carbohydrate 45g (Dietary Fiber 5g); Protein 9g
% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 4%; Iron 8%
Diet Exchanges: 3 Starch, ½ Fat

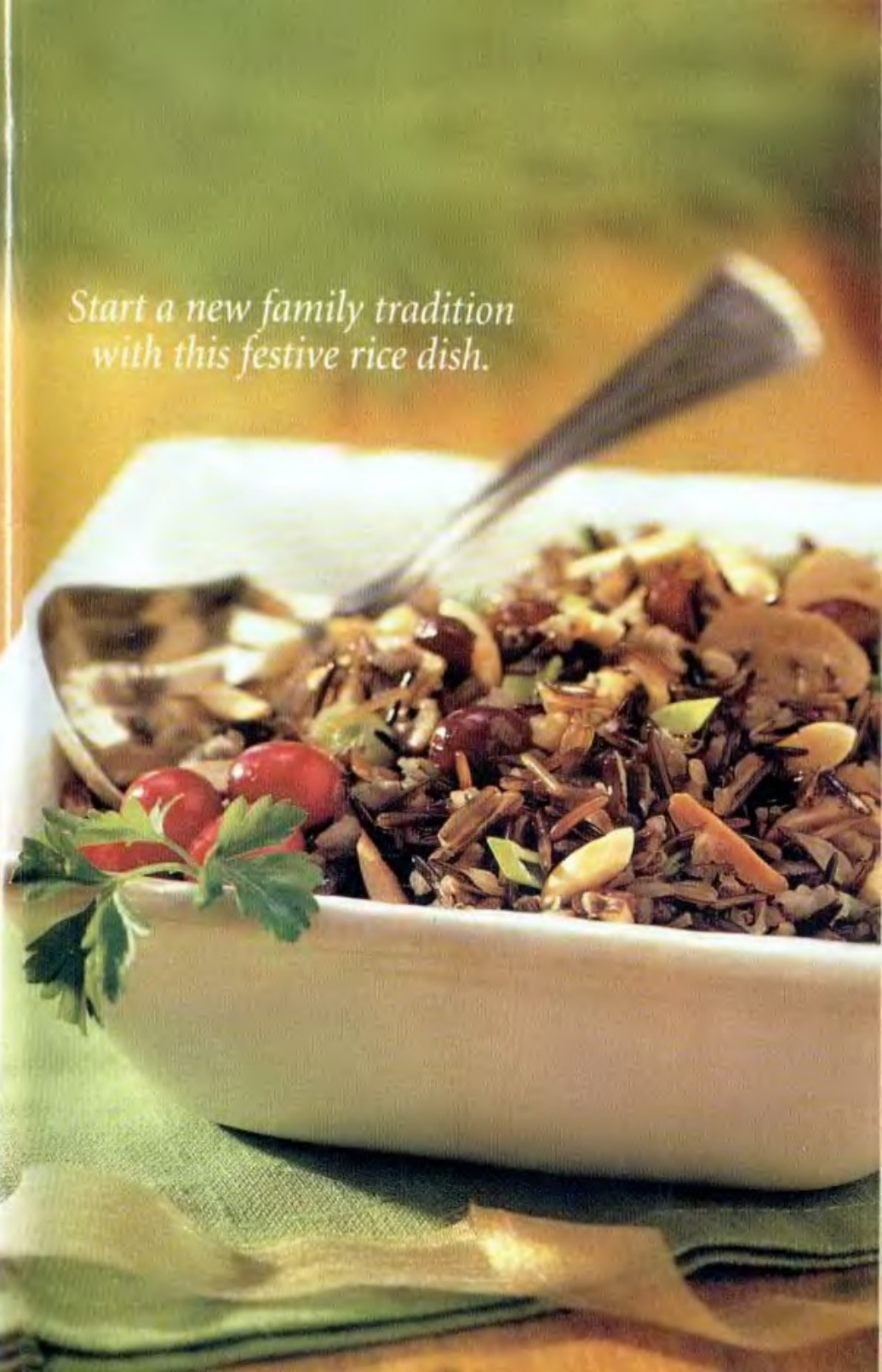
Betty's Tips

SUBSTITUTION

Many supermarkets now carry a wide variety of dried fruits. Dried blueberries or cherries are delicious substitutes for the cranberries.

SUCCESS HINT

Toasting the almonds not only enhances the flavor and color of the almonds but also helps prevent them from becoming soggy after they are stirred into the wild rice mixture.



Betty's Tips

TIME-SAVER

No time to slice potatoes? No problem! Just use a 32-ounce bag of frozen hash brown potatoes instead.

DO-AHEAD

For easy entertaining, prepare these potatoes the day before and refrigerate, then pop them in the oven the next day.

Cheesy Scalloped Potatoes

PREP: 20 MIN BAKE: 1 HR

- 2 pounds red potatoes (about 6 medium), cut into ¼-inch slices
- 8 ounces process sharp American cheese loaf, diced (2 cups)
- 1 small onion, chopped (¼ cup)
- 1 teaspoon salt
- 3 tablespoons chopped fresh parsley or 1 tablespoon parsley flakes
- Dash of pepper
- 3 tablespoons butter or margarine
- ¾ cup milk
- 2 tablespoons Gold Medal all-purpose flour

1. Heat oven to 350°. Grease 2-quart casserole with shortening. Layer one-third each of the potatoes, cheese, onion, salt, parsley and pepper in casserole. Repeat layers twice. Dot with butter. Mix milk and flour; pour milk mixture over top.

2. Cover and bake 40 minutes. Uncover and bake about 20 minutes longer or until potatoes are tender. 6 servings.

1 Serving: Calories 320 (Calories from Fat 160); Fat 18g (Saturated 11g); Cholesterol 55mg; Sodium 990mg; Carbohydrate 30g (Dietary Fiber 3g); Protein 12g
% Daily Value: Vitamin A 16%; Vitamin C 10%; Calcium 24%; Iron 4%
Diet Exchanges: 2 Starch, 1 High-Fat Meat, 1½ Fat

quick

Pesto Biscuits

PREP: 15 MIN BAKE: 12 MIN

2 cups Gold Medal all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
⅓ cup shortening
¼ cup basil pesto
About ½ cup milk
Finely shredded Parmesan cheese, if desired

1. Heat oven to 450°. Mix flour, baking powder and salt in large bowl. Cut in shortening and pesto, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in just enough milk so dough leaves side of bowl and forms a ball.

2. Place dough on lightly floured surface. Knead lightly 10 times. Roll or pat ½ inch thick. Cut with floured 2½-inch cookie or biscuit cutter. Place about 1 inch apart on ungreased cookie sheet. Sprinkle with cheese.

3. Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve warm. *10 biscuits.*

1 Biscuit: Calories 190 (Calories from Fat 100); Fat 11g (Saturated 3g); Cholesterol 0mg; Sodium 330mg; Carbohydrate 20g (Dietary Fiber 1g); Protein 4g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 12%; Iron 8%
Diet Exchanges: 1 Starch, 1 Vegetable, 2 Fat

Betty's Tips

VARIATION

Use 1½-inch cookie cutters to make bite-size biscuits and serve as an appetizer with red or green hot pepper (jalapeño) jelly.

SPECIAL TOUCH

It's easy to get even your butter into the act of being festive. Slice chilled butter ¼ inch thick, and cut slices with mini-cookie cutters. Use cutters with open tops so you can push the butter through. Simple shapes, such as stars and hearts, work best. Place butter on waxed paper; refrigerate until ready to serve. Butter scraps can be softened and reshaped or used in baking.

Easy Puff Twists

PREP: 25 MIN BAKE: 8 MIN PER SHEET

- ⅔ cup grated Parmesan cheese
- 1 tablespoon paprika
- 1 package (17.3 ounces) frozen puff pastry, thawed
- 1 egg, slightly beaten

1. Heat oven to 425°. Cover 2 cookie sheets with cooking parchment paper or heavy brown paper. Mix cheese and paprika. Roll 1 sheet of pastry into 12x10-inch rectangle on lightly floured surface with floured cloth-covered rolling pin.

2. Brush egg over pastry. Sprinkle with 3 tablespoons of the cheese mixture; press gently into pastry. Turn pastry over. Brush egg over other side of pastry. Sprinkle with 3 tablespoons of the cheese mixture; press gently into pastry. Fold pastry lengthwise in half.

3. Cut pastry crosswise into ½-inch strips. Unfold strips; roll each end in opposite direction to twist. Place twists on cookie sheet. Bake 7 to 8 minutes or until puffed and golden brown. Remove from cookie sheet to wire rack. Repeat with remaining sheet of pastry, egg and cheese mixture. Serve twists warm or cool. *48 twists.*

1 Twist: Calories 60 (Calories from Fat 35); Fat 4g (Saturated 2g); Cholesterol 15mg; Sodium 55mg; Carbohydrate 5g (Dietary Fiber 0g); Protein 1g
% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 2%; Iron 2%
Diet Exchanges: ½ Starch, ½ Fat

Betty's Tips

Variation

For a garlicky twist, mix 2 teaspoons garlic powder with the Parmesan cheese mixture.

Special Touch

For an appetizer-size bread that will melt in your mouth, cut twists in half before baking. Serve with cheese and fruit.

Easy Peppermint Dessert

PREP: 40 MIN COOK: 15 MIN COOL: 2 HR
FREEZE: 11 HR

- **1 package (1 pound) creme-filled chocolate sandwich cookies, crushed (about 3 cups)**
- **½ cup butter or margarine, melted**
- **½ gallon peppermint stick, party mint or mint chip ice cream, softened**
- **1 container (12 ounces) frozen whipped topping, thawed**
- **½ cup butter or margarine**
- **4 ounces unsweetened baking chocolate, chopped**
- **2 cups sugar**
- **1 can (12 ounces) evaporated milk**
- **1 teaspoon vanilla**
- **⅓ cup crushed peppermint candies or candy canes**

1. Mix crushed cookies and melted butter. Press mixture firmly in bottom of ungreased rectangular pan, 13x9x2 inches.

2. Stir together ice cream and 2 cups of the whipped topping; spoon evenly onto chocolate cookie crust. Freeze about 3 hours or until firm.

3. Meanwhile, melt butter and chocolate in 2-quart saucepan over low heat, stirring constantly. Stir in sugar; gradually stir in milk. Heat to boiling over medium-high heat, stirring constantly. Cook and stir 5 minutes or until slightly thickened; stir in vanilla. Cool completely, about 2 hours.

4. Pour 2 cups of chocolate sauce evenly over ice cream. Freeze at least 8 hours but no longer than 2 weeks. Cover and refrigerate remaining sauce.

5. Reheat reserved sauce until just warm. To serve, cut into 5 rows by 3 rows. Top with sauce and remaining whipped topping; sprinkle with crushed candies. *15 servings.*

1 Serving: Calories 630 (Calories from Fat 295); Fat 33g (Saturated 18g); Cholesterol 70mg; Sodium 380mg; Carbohydrate 79g (Dietary Fiber 3g); Protein 7g
% Daily Value: Vitamin A 16%; Vitamin C 0%; Calcium 18%; Iron 10%
Diet Exchanges: Not Recommended

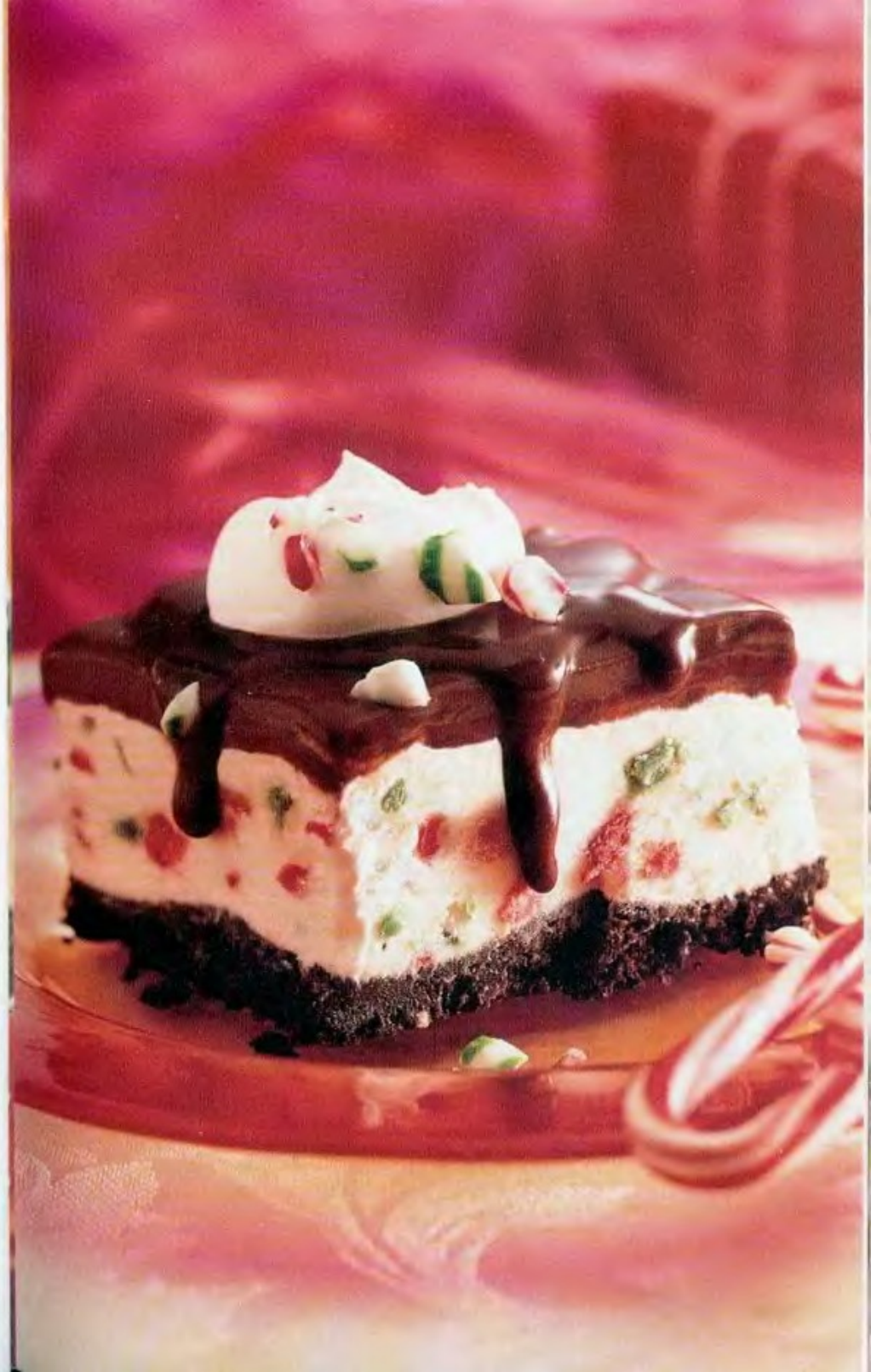
Betty's Tips

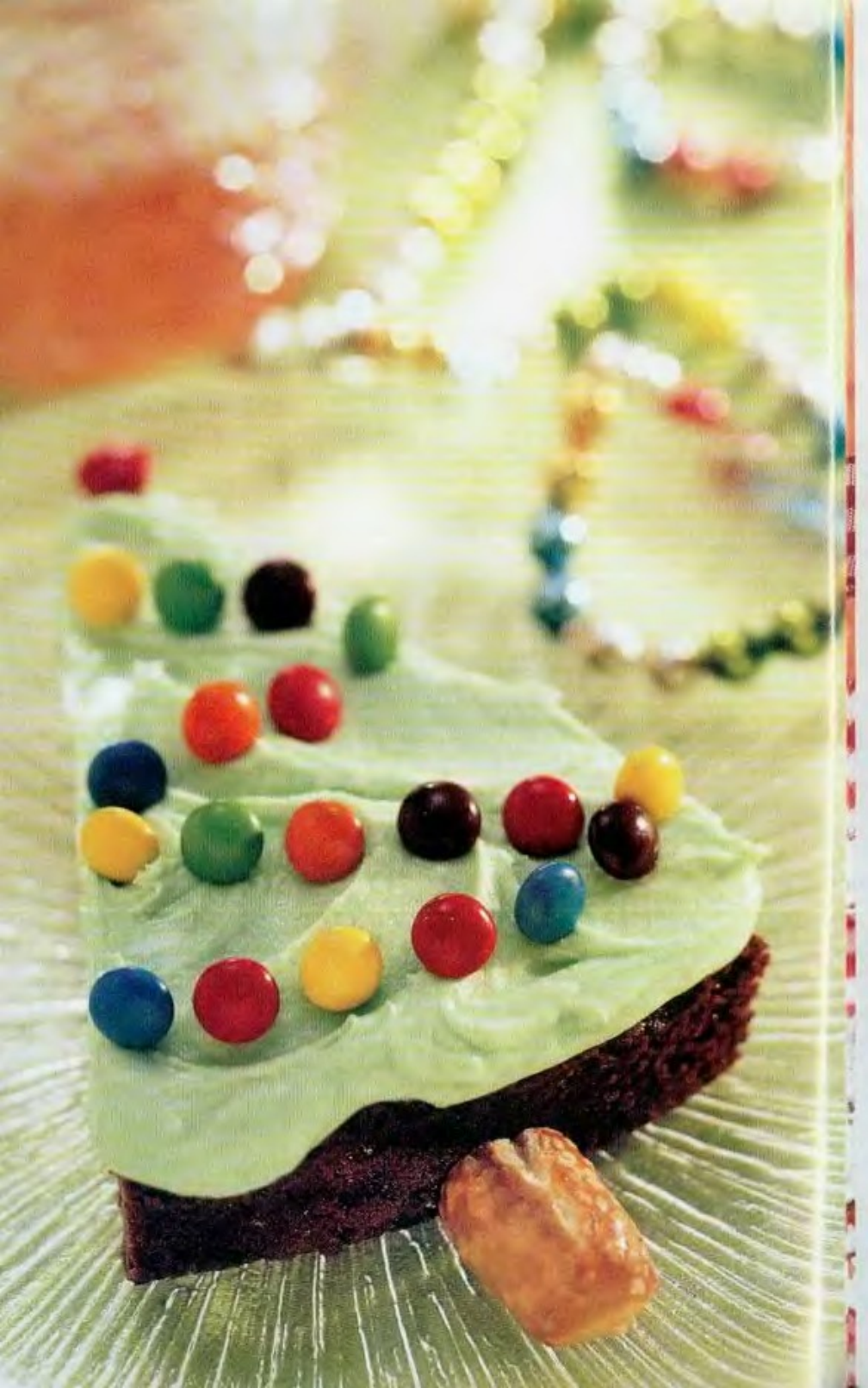
TIME-SAVER
Omit the homemade chocolate sauce and use 3 cups prepared hot fudge sauce.

SUCCESS HINT
You will need about 12 round peppermint candies to equal ⅓ cup crushed candies.

VARIATION
If you don't want to serve the dessert with chocolate sauce, pour all of the sauce over the ice cream mixture and freeze.

SPECIAL TOUCH
Decorate individual servings with miniature candy canes.





Betty's Tips

VARIATION

Bake brownies in a square or rectangular pan, as directed on the package. Prepare frosting, adding 1 teaspoon mint extract. Cut brownies into squares, and decorate with foil-wrapped rectangular chocolate mints, unwrapped and chopped.

Christmas Tree Brownies

PREP: 15 MIN BAKE: 55 MIN COOL: 1 HR

- **1 package Betty Crocker Supreme chocolate chunk brownie mix**
- **3 tablespoons water**
- **½ cup vegetable oil**
- **2 eggs**
- **Vanilla Butter Frosting (below)**
- **Candy-coated chocolate candies**
- **8 pretzel nuggets**

1. Heat oven to 325°. Grease bottom only of round pan, 9x1½ inches, with shortening. Make brownie mix as directed on package, using water, oil and eggs. Pour into pan. Bake 50 to 55 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely, about 1 hour.

2. Make Vanilla Butter Frosting; spread frosting evenly over brownies.

3. To serve, cut into 8 wedges. Decorate wedges with candies to look like Christmas tree lights. Center pretzel nugget on bottom edge of each brownie wedge for tree trunk. 8 servings.

Vanilla Butter Frosting

- **½ cup butter or margarine, softened**
- **2 cups powdered sugar**
- **1 teaspoon vanilla**
- **1 to 2 tablespoons milk**
- **3 or 4 drops green food color**

Mix butter, powdered sugar and vanilla with spoon until smooth. Stir in milk until spreadable. Stir in food color.

1 Serving: Calories 700 (Calories from Fat 280); Fat 31g (Saturated 11g); Cholesterol 85mg; Sodium 300mg; Carbohydrate 102g (Dietary Fiber 0g); Protein 4g
% Daily Value: Vitamin A 10%; Vitamin C 0%; Calcium 6%; Iron 12%
Diet Exchanges: Not Recommended

Brunch for a Bunch

Merry Mimosas, p. 74

Linger with family and friends over sweet and savory morning pleasures at a casual holiday-season brunch.

Overnight French Toast, p. 75

quick & low fat

Merry Mimosas

PREP: 5 MIN

(Photo on page 73)

- **3 tablespoons sugar**
- **2 cups fresh orange juice, chilled**
- **1 cup cranberry juice**
- **2 bottles (750 ml each) champagne or Catawba grape juice, chilled**
- **8 orange slices**

1. Place sugar and orange juice in blender. Cover and blend on medium speed about 15 seconds or until foamy.

2. Place 2 tablespoons cranberry juice in each of 8 tall glasses. Pour ¼ cup orange juice into each glass; add about 1 cup champagne to each glass. Garnish with orange slice. 8 servings.

1 Serving: Calories 180 (Calories from Fat 0); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 10mg; Carbohydrate 45g (Dietary Fiber 0g); Protein 1g
% Daily Value: Vitamin A 2%; Vitamin C 48%; Calcium 2%; Iron 4%
Diet Exchanges: 3 Fruit

Betty's Tips

Success Hint

You'll want to whip up these cocktails just before serving, so guests can enjoy the airy lightness of the orange juice foam.

Serve-With

Serve champagne and juices separately at the table to accommodate guests who might prefer one or the other. Serve juice from a glass pitcher with slices of lime and orange.

Special Touch

For a pretty garnish, use a citrus zester to make strips around an orange; then, cut into slices.

Overnight French Toast

PREP: 35 MIN CHILL: 8 HR COOK: 10 MIN PER BATCH

(Photo on page 73)

- **4 eggs**
- **½ cup half-and-half or milk**
- **⅓ cup orange juice**
- **3 tablespoons orange-flavored liqueur or orange juice**
- **2 tablespoons sugar**
- **¼ teaspoon vanilla**
- **¼ teaspoon salt**
- **16 slices French bread, each ¾ inch thick**
- **Glorious Orange Sauce (below)**

1. Beat eggs, half-and-half, orange juice, liqueur, sugar, vanilla and salt in small bowl with fork. Dip bread into egg mixture, soaking thoroughly; place in ungreased rectangular pan, 15x10x1 inches. Pour any remaining egg mixture over bread. Cover loosely and refrigerate at least 8 hours but no longer than 24 hours.

2. Make Glorious Orange Sauce; keep warm.

3. Heat griddle to 375°or heat skillet over medium heat; grease with butter. Cook bread 4 to 5 minutes on each side or until golden brown. Serve with sauce. 8 servings.

Glorious Orange Sauce

- **½ cup butter or margarine**
- **⅓ cup sugar**
- **⅓ cup frozen (thawed) orange juice concentrate**
- **¼ cup pomegranate seeds, if desired**

Melt butter in 1-quart saucepan over medium heat. Add sugar and orange juice concentrate, stirring until sugar is dissolved. Remove from heat; cool slightly. Beat with wire whisk until thick and shiny. Stir in pomegranate seeds.

2 Slices: Calories 370 (Calories from Fat 160); Fat 18g (Saturated 10g); Cholesterol 140mg; Sodium 480mg; Carbohydrate 45g (Dietary Fiber 1g); Protein 8g
% Daily Value: Vitamin A 14%; Vitamin C 18%; Calcium 8%; Iron 10%
Diet Exchanges: 3 Starch, 3 Fat

Betty's Tips

Success Hint

Pomegranates are known as nature's most labor-intensive fruit. Inside are hundreds of seeds packed in compartments separated by bitter, cream-colored membranes. To use, cut the pomegranate in half and pry out the pulp-encased seeds, removing any of the light-colored membrane that adheres.

Special Touch

Instead of passing the sauce separately, you may want to spoon it over the French toast slices and top with additional pomegranate seeds.

quick & low fat

Jeweled Fruit Salad

PREP: 15 MIN

- 1 cup vanilla yogurt
- 1 tablespoon mayonnaise or salad dressing
- ¼ teaspoon grated orange peel
- 2 tablespoons orange juice
- 1 pint (2 cups) strawberries, sliced
- 1 medium kiwifruit, peeled and chopped
- 1½ cups seedless green grapes, cut in half
- 1 can (11 ounces) mandarin orange segments, drained
- 3 tablespoons dried cranberries

1. Mix yogurt, mayonnaise, orange peel and orange juice; set aside.

2. Mix remaining ingredients. Serve with yogurt mixture. 8 servings.

1 Serving: Calories 90 (Calories from Fat 20); Fat 2g (Saturated 0g); Cholesterol 0mg; Sodium 30mg; Carbohydrate 19g (Dietary Fiber 2g); Protein 2g
% Daily Value: Vitamin A 4%; Vitamin C 74%; Calcium 6%; Iron 2%
Diet Exchanges: 1 Fruit, ½ Fat

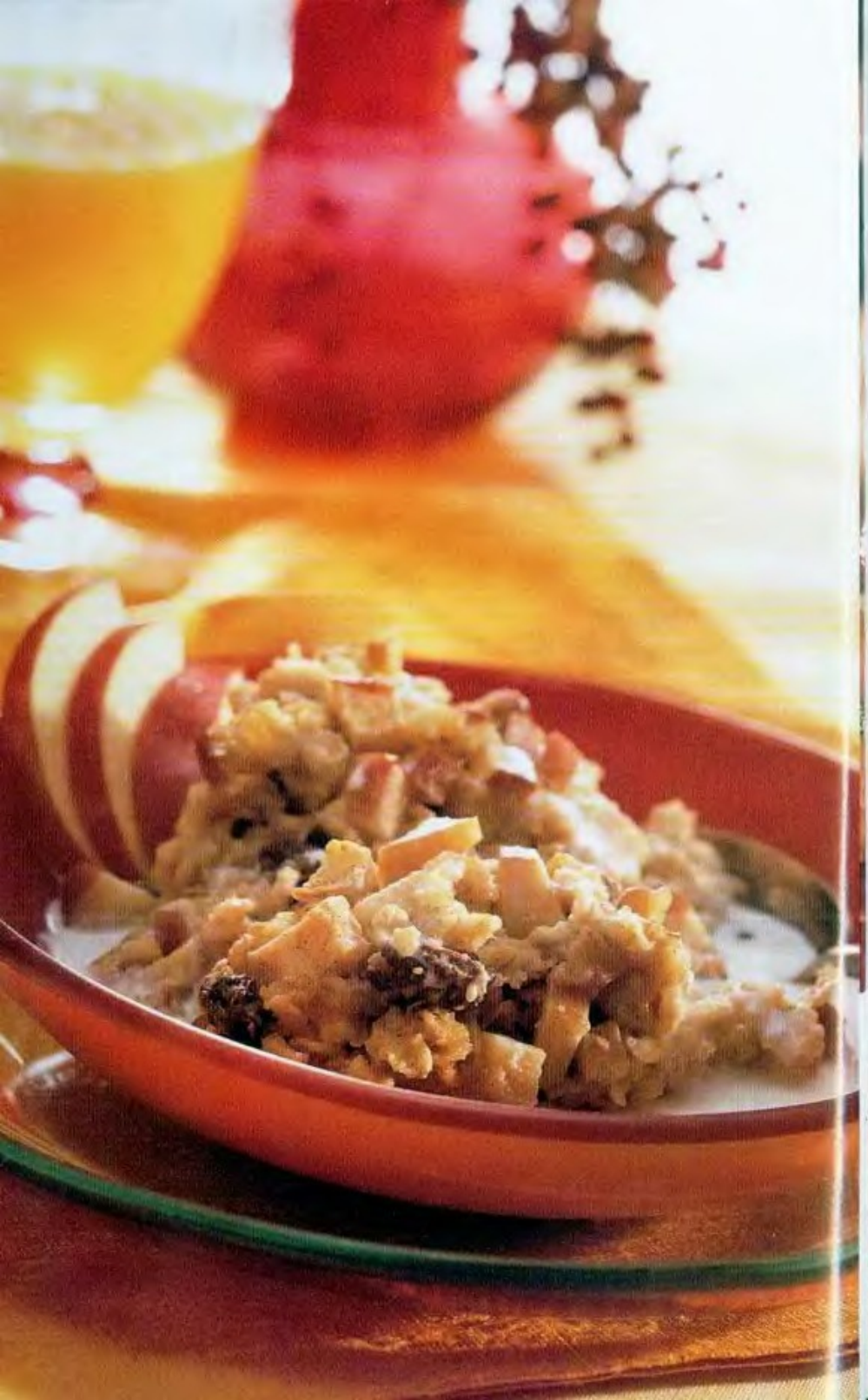
Betty's Tips

Variation

The yogurt mixture also makes a wonderful party dip to serve with fruit. Try it with strawberries, grapes and chunks of melon.

Do-Ahead

Prepare the yogurt mixture a day ahead and refrigerate in a covered container. Cut up fruit in advance.



Baked Apple Oatmeal

PREP: 15 MIN BAKE: 45 MIN

2⅔ cups old-fashioned oats
½ cup raisins
4 cups milk
⅓ cup packed brown sugar
2 tablespoons butter or margarine, melted
1 teaspoon ground cinnamon
¼ teaspoon salt
2 medium apples, chopped (2 cups)
½ cup chopped walnuts, if desired
Additional milk, if desired

1. Heat oven to 350°. Mix oats, raisins, 4 cups milk, the brown sugar, butter, cinnamon, salt and apples in 2-quart casserole.

2. Bake uncovered 40 to 45 minutes or until most liquid is absorbed. Top with walnuts. Serve with additional milk. 8 servings.

1 Serving: Calories 260 (Calories from Fat 65); Fat 7g (Saturated 4g); Cholesterol 15mg; Sodium 140mg; Carbohydrate 44g (Dietary Fiber 4g); Protein 9g
% Daily Value: Vitamin A 6%; Vitamin C 2%; Calcium 18%; Iron 8%
Diet Exchanges: 1 Starch, 1 Fruit, 1 Skim Milk, 1 Fat

Betty's Tips

SUBSTITUTION

For variety, substitute chopped pear for the apple.

SERVE-WITH

Serve this hot oatmeal with bowls of toppers such as walnuts, chopped dried apricots, banana slices, chocolate chips, brown sugar, yogurt and cream.

Crab Strata

PREP: 25 MIN CHILL: 2 HR BAKE: 45 MIN STAND: 10 MIN

- 4 cups cubed firm bread (6 slices)
- 2 cans (6 ounces each) crabmeat, drained, cartilage removed and flaked
- 1 cup shredded Swiss cheese (4 ounces)
- 1 cup shredded Cheddar cheese (4 ounces)
- ¼ cup capers, drained, if desired
- 3 medium green onions, chopped (3 tablespoons)
- 6 eggs, beaten
- 1⅓ cups milk
- ¼ cup dry sherry or apple juice
- 1 tablespoon Dijon mustard
- ½ teaspoon Worcestershire sauce
- Additional chopped green onions, if desired
- Chopped red bell pepper, if desired

1. Grease 2-quart casserole with shortening. Mix bread cubes, crabmeat, cheeses, capers and onions in casserole. Mix remaining ingredients except additional onions and bell pepper; pour over bread mixture. Cover tightly and refrigerate at least 2 hours but no longer than 24 hours.

2. Heat oven to 350°. Bake uncovered about 45 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving. Sprinkle with additional onions and bell pepper. 12 servings.

1 Serving: Calories 195 (Calories from Fat 90); Fat 10g (Saturated 5g); Cholesterol 150mg; Sodium 400mg; Carbohydrate 9g (Dietary Fiber 0g); Protein 17g
% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium 22%; Iron 6%
Diet Exchanges: ½ Starch, 2 Medium-Fat Meat

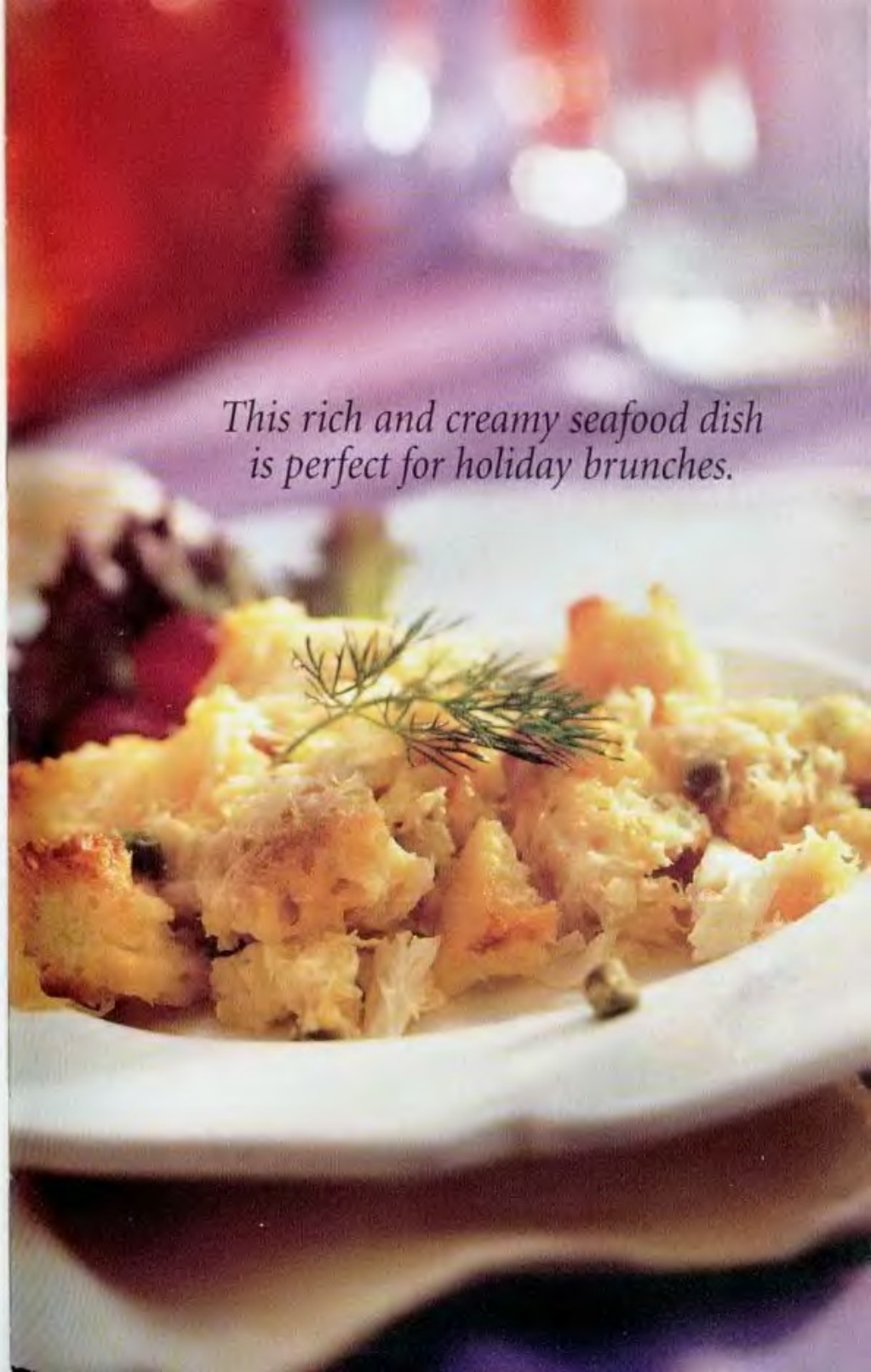
Betty's Tips

SUBSTITUTION

Twelve ounces of frozen cooked crabmeat (thawed) can be used in place of the canned crabmeat.

SPECIAL TOUCH

For an elegant presentation, sprinkle a couple tablespoons of red caviar over the strata.



quick

Honey Mustard Ham

PREP: 10 MIN COOK: 16 MIN

2 fully cooked ham slices, about 1 inch thick (2 pounds)
½ cup water
⅓ cup honey mustard
1 cup sour cream
4 medium green onions, sliced (¼ cup)

1. Cut each ham slice into 4 serving pieces. Mix water and honey mustard in 12-inch skillet. Add ham.

2. Cover and heat to boiling; reduce heat. Simmer about 15 minutes, turning ham once, until ham is hot. Remove ham from skillet; keep warm.

3. Stir sour cream into mixture in skillet; heat 1 minute. Pour over ham. Sprinkle with onions. *8 servings.*

1 Serving: Calories 295 (Calories from Fat 145); Fat 16g (Saturated 7g); Cholesterol 85mg; Sodium 1750mg; Carbohydrate 11g (Dietary Fiber 0g); Protein 27g
% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium 4%; Iron 10%
Diet Exchanges: 1 Starch, 3 Medium-Fat Meat

Betty's Tips

Substitution

Can't find honey mustard at your local market? Just stir 2 tablespoons honey into ¼ cup Dijon mustard, and you're set!

Health Twist

Use reduced-fat or fat-free sour cream for a slightly lighter honey mustard sauce.

Holiday Hash Browns

PREP: 15 MIN BAKE: 45 MIN

- 1 bag (1 pound 4 ounces) refrigerated Southwest- or home-style shredded hash brown potatoes
- 1 medium bell pepper, finely chopped (1 cup)
- 1 medium onion, finely chopped (½ cup)
- 2 tablespoons grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter or margarine, melted
- 1 tablespoon vegetable oil
- Additional grated Parmesan cheese, if desired

1. Heat oven to 350°. Toss potatoes, bell pepper, onion, cheese, salt and pepper. Pour butter and oil into 1½-quart casserole or rectangular pan, 13x9x2 inches; tilt casserole to cover bottom. Spread potato mixture in casserole.

2. Bake uncovered about 45 minutes, stirring once, until golden brown. Sprinkle with additional cheese before serving. 6 servings.

1 Serving: Calories 190 (Calories from Fat 45); Fat 5g (Saturated 2g); Cholesterol 5mg; Sodium 260mg; Carbohydrate 36g (Dietary Fiber 4g); Protein 4g
% Daily Value: Vitamin A 4%; Vitamin C 26%; Calcium 4%; Iron 4%
Diet Exchanges: 2 Starch, 1 Vegetable

Betty's Tips

DO-AHEAD

This recipe is a true sanity saver. Just mix it, spread it, cover it and refrigerate it for up to 24 hours before baking.

SPECIAL TOUCH

Bake in a round casserole dish, and garnish with a wreath made from fresh rosemary sprigs and a bow made from roasted red bell pepper strips.

Bring the holiday theme to your table with these easy, cheesy potatoes.

Chocolate Pistachio Bread

PREP: 15 MIN BAKE: 55 MIN COOL: 2 HR 10 MIN

- ⅔ cup granulated sugar
- ½ cup butter or margarine, melted
- ¾ cup milk
- 1 egg
- 1½ cups Gold Medal all-purpose flour
- 1 cup chopped pistachio nuts
- ½ cup semisweet chocolate chips
- ⅓ cup baking cocoa
- 2 teaspoons baking powder
- ¼ teaspoon salt
- Coarse sugar crystals (decorating sugar), if desired

1. Heat oven to 350°. Grease bottom and sides of loaf pan, 9x5x3 inches, with shortening. Mix granulated sugar, butter, milk and egg in large bowl until well blended. Stir in remaining ingredients except sugar crystals. Pour into pan. Sprinkle with sugar crystals.

2. Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours, before slicing. *1 loaf (24 slices).*

1 Slice: Calories 145 (Calories from Fat 70); Fat 8g (Saturated 4g); Cholesterol 20mg; Sodium 100mg; Carbohydrate 16g (Dietary Fiber 1g); Protein 3g
% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium 4%; Iron 6%
Diet Exchanges: 1 Starch, 1½ Fat

Betty's Tips

SUBSTITUTION

Chopped walnuts can be substituted for the pistachio nuts for delicious **Chocolate Walnut Bread.**

DO-AHEAD

You may tightly wrap and store this bread in refrigerator for up to 1 week.

Apple Cream Cheese Coffee Cake

PREP: 25 MIN BAKE: 15 MIN COOL: 2 HR 10 MIN

Cream Cheese Filling (below)
1 package (3 ounces) cream cheese
¼ cup firm butter or margarine
2 cups Original Bisquick® mix
⅓ cup milk
2 tablespoons sugar
½ teaspoon ground cinnamon
1 can (21 ounces) apple pie filling
¼ cup chopped walnuts

1. Heat oven to 425°. Lightly grease cookie sheet with shortening. Make Cream Cheese Filling.

2. Cut cream cheese and butter into Bisquick mix in medium bowl, using pastry blender or crisscrossing 2 knives, until crumbly. Stir in milk until soft dough forms. Place dough on surface well dusted with Bisquick mix; roll in Bisquick mix to coat. Knead 8 to 10 times.

3. Roll dough into 12x8-inch rectangle. Place on cookie sheet. Spread Cream Cheese Filling down center of rectangle. Make 2½-inch cuts at 1-inch intervals on 12-inch sides of rectangle. Fold strips over filling, overlapping strips. Mix sugar and cinnamon; sprinkle over top.

4. Bake 12 to 15 minutes or until golden; cool 10 minutes. Carefully place on wire rack; cool completely, about 2 hours. Spoon pie filling down center of coffee cake. Sprinkle with walnuts. Store covered in refrigerator. 10 servings.

Cream Cheese Filling

1 package (8 ounces) cream cheese, softened
⅓ cup sugar
1 teaspoon grated lemon peel
2 teaspoons lemon juice

Beat all ingredients with electric mixer on medium speed until smooth.

1 Serving: Calories 365 (Calories from Fat 190); Fat 21g (Saturated 11g); Cholesterol 45mg; Sodium 470mg; Carbohydrate 40g (Dietary Fiber 1g); Protein 5g
% Daily Value: Vitamin A 12%; Vitamin C 0%; Calcium 8%; Iron 8%
Diet Exchanges: 2 Starch, 1 Fruit, 3 Fat

Fold strips over filling, overlapping strips.

Nutrition and Recipe Testing Guidelines

Daily Values are set by the Food and Drug Administration and based on the needs of most healthy adults. Percent Daily Values are based on an average diet of 2,000 calories per day. Your daily values may be higher or lower depending on your caloric needs.

RECOMMENDED INTAKE FOR A DAILY DIET OF 2,000 CALORIES

Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Diet Exchanges are based on criteria set by the American Dietetic Association and the American Diabetes Association.

CALCULATING NUTRITION INFORMATION GUIDELINES

- The first ingredient is used wherever a choice is given (such as ⅓ cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- The first serving number is used wherever a range is given (such as 4 to 6 servings).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

INGREDIENTS USED FOR RECIPE TESTING AND NUTRITION CALCULATIONS

The following ingredients, based on most commonly purchased ingredients, are used for recipe testing and nutrition calculation unless indicated otherwise:

- Large eggs
- Canned ready-to-use chicken broth
- 2% milk
- 80%-lean ground beef
- Vegetable-oil spread with at least 65% fat whenever margarine is used
- Regular long-grain rice
- Nonfat, low-fat or low-sodium products are not used
- Solid vegetable shortening (not margarine, butter or nonstick cooking spray is used for greasing pans

EQUIPMENT USED IN RECIPE TESTING

- Cookware and bakeware without nonstick coatings are used unless specified in recipe.
- Wherever a baking pan is specified in a recipe, a metal pan is used; wherever a baking dish or pie plate is specified, ovenproof glass or ceramic ovenware is used.

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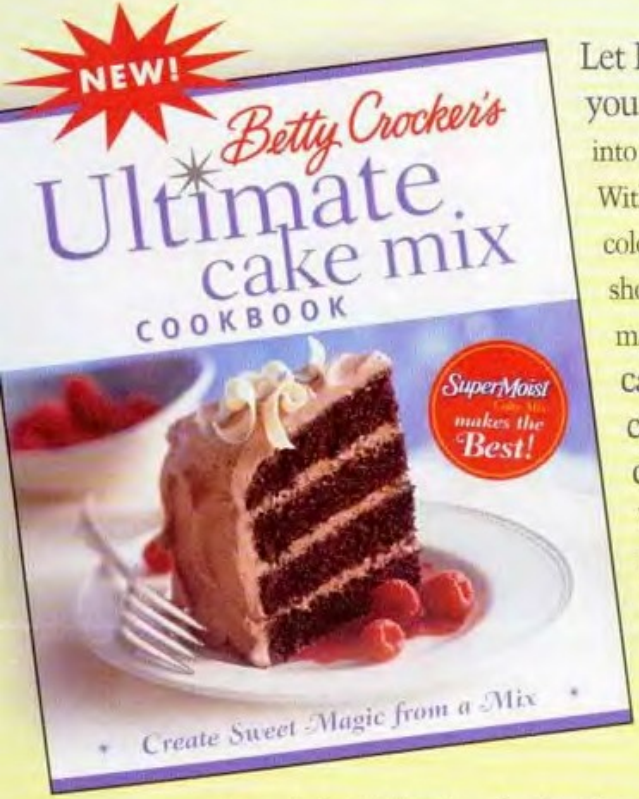

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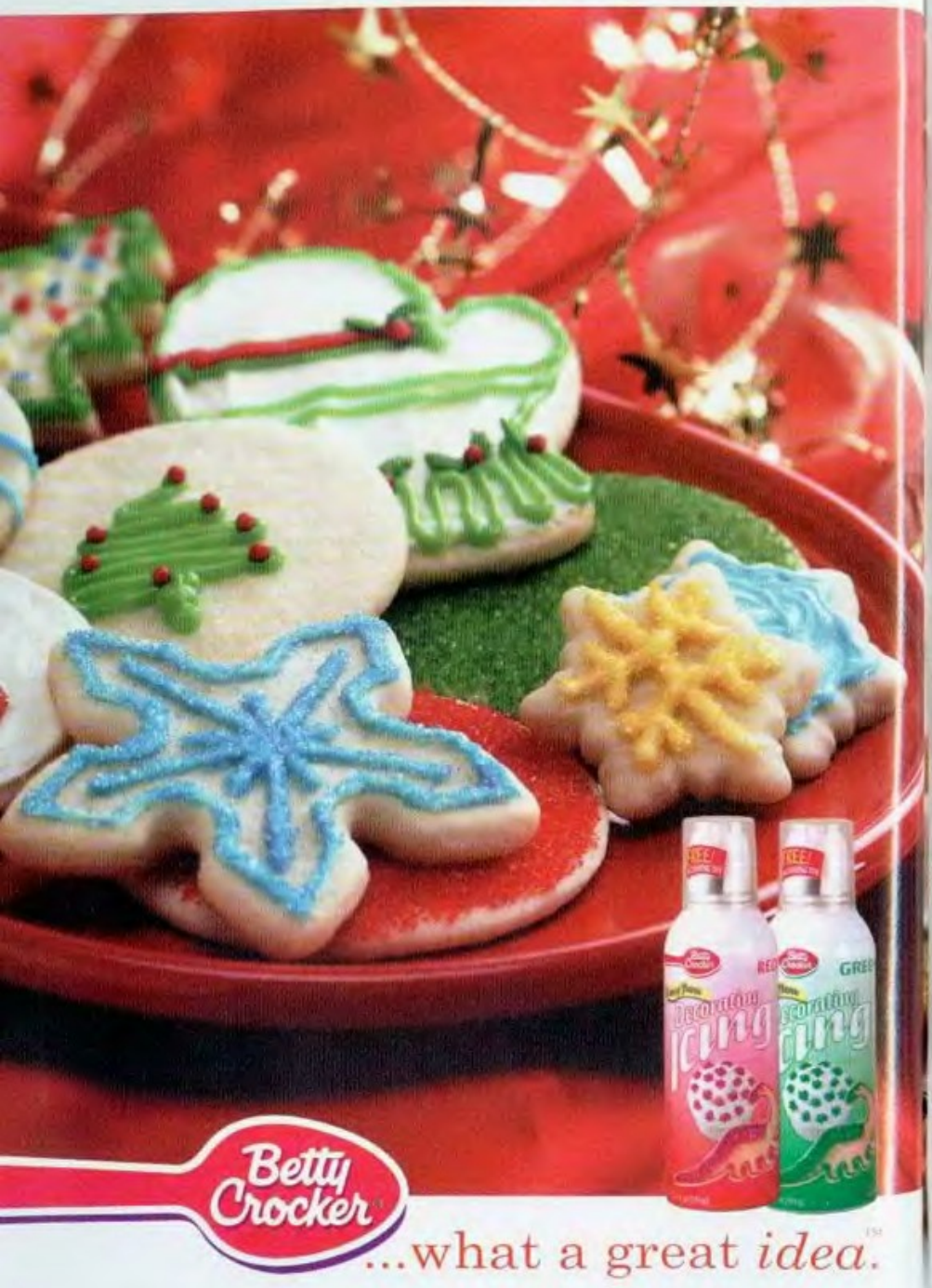
A1002A

simple holiday treats



APPETIZERS
15 Fall Cheese Platter

BEEF
48 Rib Roast with Herb Rub

BEVERAGES
12 "Cran-tinis"
74 Merry Mimosas

BREADS
88 Apple Cream Cheese Coffee Cake
87 Chocolate Pistachio Bread
67 Easy Puff Twists
75 Overnight French Toast
64 Pesto Biscuits

CEREALS
79 Baked Apple Oatmeal

DESSERTS
40 Chocolate Pecan Pie
71 Christmas Tree Brownies
68 Easy Peppermint Dessert
10 Praline Pumpkin Dessert
39 Tempting Pumpkin Pie

FISH AND SEAFOOD
52 Champagne Shrimp Risotto
80 Crab Strata

GRAINS
60 Slow Cooker Wild Rice with Cranberries

PORK
45 Baked Ham with Balsamic Brown Sugar Glaze
46 Do-Ahead Ravioli Sausage Lasagna
83 Honey Mustard Ham
51 Italian Roast Pork with Rosemary

POULTRY
16 Best Brined Turkey Breast
18 Glazed Roast Turkey
11 Lemon Herb Grilled Turkey

SALADS AND SALAD DRESSINGS
54 Balsamic Vinaigrette
76 Jeweled Fruit Salad
55 Christmas Salad with Balsamic Vinaigrette
29 Pear and Blue Cheese Salad

SAUCES
26 Apple Cranberry Chutney
21 Foolproof Gravy

STUFFING
22 Cranberry Stuffing
25 Slow Cooker Apple Pecan Bread Stuffing

VEGETABLES
63 Cheesy Scalloped Potatoes
33 Do-Ahead Garlic Mashed Potatoes
56 Gingered Carrots
36 Green Beans with Shiitake Mushrooms
84 Holiday Hash Browns
59 Holiday Marinated Vegetables
35 Hot 'n Spicy Corn
44 Sesame Pea Pods
30 Slow Cooker Sweet Potatoes

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low fat

26 Apple Cranberry Chutney
45 Baked Ham with Balsamic Brown Sugar Glaze
35 Hot 'n Spicy Corn
76 Jeweled Fruit Salad
74 Merry Mimosas
44 Sesame Pea Pods

quick

54 Balsamic Vinaigrette
55 Christmas Salad with Balsamic Vinaigrette
22 Cranberry Stuffing
12 "Cran-tinis"
15 Fall Cheese Platter
21 Foolproof Gravy
56 Gingered Carrots
83 Honey Mustard Ham
35 Hot 'n Spicy Corn
76 Jeweled Fruit Salad
74 Merry Mimosas
29 Pear and Blue Cheese Salad
64 Pesto Biscuits
44 Sesame Pea Pods

Slow Cooker Wild Rice with Cranberries, p. 60

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Betty's Best Recipes for you and a friend

Caramel Cream Brownie Trifle

- 1 package (1 pound 3.8 ounces) Betty Crocker fudge brownie mix
- ¼ cup water
- ½ cup vegetable oil
- 2 eggs
- 1 package (4-serving size) chocolate fudge instant pudding and pie filling mix
- 2 cups milk
- ¼ cup caramel topping
- 1 container (8 ounces) frozen whipped topping, thawed
- 1 cup chopped walnuts

1. Heat oven to 350°. Bake brownie mix as directed on package for fudgelike brownies, using water, oil and eggs, in rectangular pan, 13×9×2 inches. Cool completely, about 1 hour.
2. Make pudding mix as directed on package for pudding, using milk; refrigerate. Cut brownies into 1-inch pieces. Thoroughly stir caramel topping into whipped topping.
3. Layer half each of the brownies, pudding, walnuts and whipped topping mixture in 3-quart glass bowl; repeat.
4. Cover and refrigerate at least 2 hours before serving but no longer than 24 hours. Store covered in refrigerator. 20 servings.

1 Serving: Calories 215 (Calories from Fat 110); Fat 12g (Saturated 3g); Cholesterol 15mg; Sodium 120mg; Carbohydrate 25g (Dietary Fiber 1g); Protein 3g
% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 4%; Iron 2%
Diet Exchanges: 1 Starch, ½ Fruit, 2 Fat

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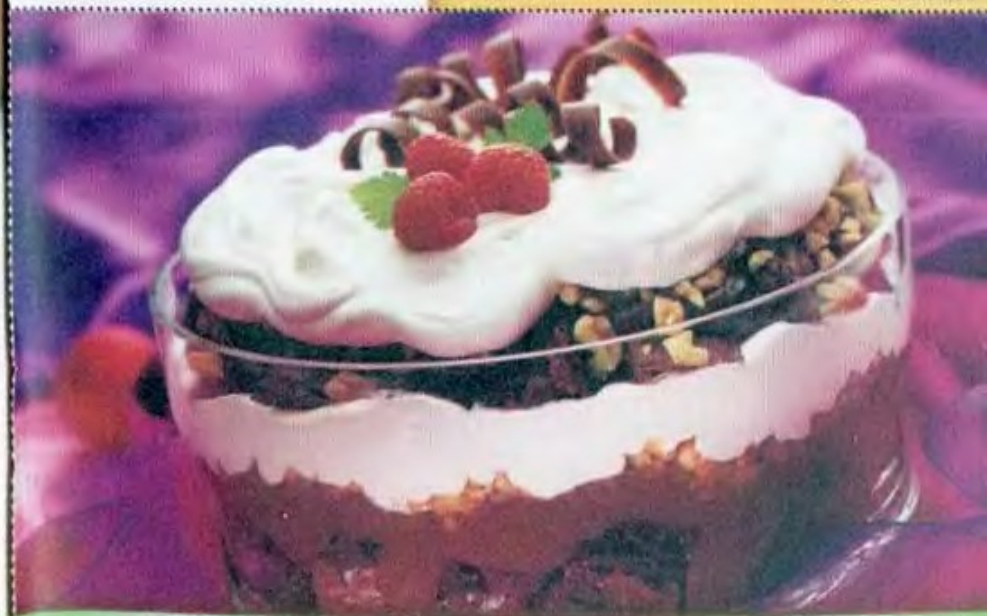

Caramel Cream Brownie Trifle

Peppermint
CANDY BOX

SUPPLIES:

Red and white acrylic paints

3- to 4-inch round cardboard box with lid (available at craft stores)

Small paintbrush

Assorted candies

Clear cellophane

¼-inch-wide curling ribbon

Name tag, if desired

DIRECTIONS:

1. Paint red and white pinwheel stripes on cardboard box and lid with paintbrush; let dry completely.

2. Fill box with candies; add lid.

3. Wrap box in cellophane; tie ends of cellophane with ribbon. Attach name tag.

Betty Crocker

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A37789 Carmen Bonilla, Contributing Designer

COMING IN DECEMBER: HOLIDAY OPEN HOUSE

Holiday
PARTY FAVORS

PEPPERMINT CANDY BOX

With Betty, adding flair to your holiday table is easy! Try one of these ideas for creative place cards or edible table treats.

Betty Crocker ...what a great idea.™

SUPPLIES:

Sugar or waffle ice-cream cone

Assorted fruits and nuts, such as fresh figs, kumquats, cherries, berries, pistachios, almonds, macadamia nuts and dried fruits

Place card, if desired

DIRECTIONS:

1. Fill ice-cream cone with fruits and nuts.
2. Add place card.

Fruit & Nut
CORNUCOPIA

Candy BOW

SUPPLIES:

4-inch decorative bow

Wrapped truffle or candy

DIRECTIONS:

1. Cut inside of bow on two sides to make a "well."

2. Place truffle in "well" in center of bow.

Note: You may also place truffle inside paper candy cup or on square piece of cellophane or foil if desired.

Sugar-Filled GLASS ORNAMENTS

SUPPLIES:

Glass ornament

Colored sugar

Name tag, if desired

Ribbon, if desired

DIRECTIONS:

1. Carefully remove top of ornament.

2. Fill ornament half full with sugar; replace top securely.

3. Attach name tag to top of ornament with ribbon.

SUPPLIES:

Photo of guest

Mini picture frame

Assorted candies

8-inch square tulle or netting

¼-inch-wide ribbon

DIRECTIONS:

1. Insert photo (or piece of paper with name of guest) in picture frame.

2. Place candies on center of tulle; tie with ribbon. Place next to picture frame.

Mini-Frame
& CANDY FAVOR